



Eggless Sweet Potato Casserole



Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



608 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 0.3 cup evaporated milk
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.3 cup orange juice
- ☐ 0.8 cup pecans chopped

- ☐ 0.5 teaspoon salt
- ☐ 6 sweet potatoes and into cooked peeled mashed
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

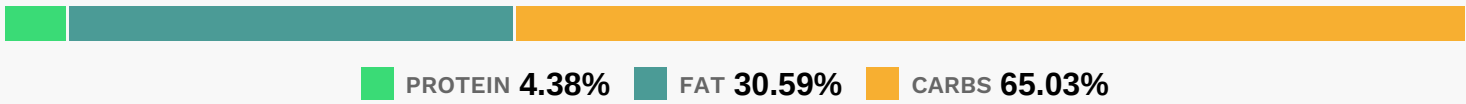
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease one 2 quart casserole dish and set aside.
- ☐ Blend together the sweet potatoes, evaporated milk, orange juice, vanilla, sugar, salt, 3 tablespoons butter, nutmeg and cinnamon.
- ☐ Pour into prepared casserole dish.
- ☐ Prepare the topping by mixing together the 1/3 cup butter, brown sugar, flour and pecans.
- ☐ Sprinkle over casserole and bake for 45 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:65.02, Glycemic Load:40.47, Inflammation Score:-10, Nutrition Score:20.670434866586%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 607.55kcal (30.38%), Fat: 21.18g (32.59%), Saturated Fat: 7.91g (49.43%), Carbohydrates: 101.33g (33.78%), Net Carbohydrates: 92.82g (33.75%), Sugar: 55.39g (61.54%), Cholesterol: 30.16mg (10.05%), Sodium: 418.59mg (18.2%), Alcohol: 0.23g (100%), Alcohol %: 0.09% (100%), Protein: 6.82g (13.64%), Vitamin A: 32431.82IU (648.64%), Manganese: 1.32mg (66.18%), Fiber: 8.51g (34.05%), Copper: 0.54mg (27.15%), Potassium: 923.37mg (26.38%), Vitamin B6: 0.53mg (26.36%), Vitamin B1: 0.36mg (24.24%), Vitamin B5: 2.11mg (21.09%), Magnesium: 82.15mg (20.54%), Phosphorus: 182.91mg (18.29%), Vitamin B2: 0.25mg (14.8%), Iron: 2.47mg (13.75%), Calcium: 135.63mg (13.56%), Vitamin C: 10.95mg (13.27%), Folate: 51.65µg (12.91%), Vitamin B3: 2.14mg (10.69%), Zinc: 1.48mg (9.89%), Selenium: 6.22µg (8.89%), Vitamin E: 1.1mg (7.35%), Vitamin K: 5.58µg (5.32%)