



Granny's Sweet Potato Casserole

 Vegetarian

READY IN



70 min.

SERVINGS



24

CALORIES



393 kcal

SIDE DISH

Ingredients

- 4 teaspoons double-acting baking powder
- 1 cup brown sugar
- 1 cup butter softened
- 2 cups coconut or flaked
- 4 eggs slightly beaten
- 1 cup evaporated milk
- 2 cups flour all-purpose
- 4 cups pecans chopped

- 1 teaspoon salt
- 2 teaspoons vanilla extract
- 4 teaspoons water
- 1 cup sugar white
- 3 cups yams canned cut

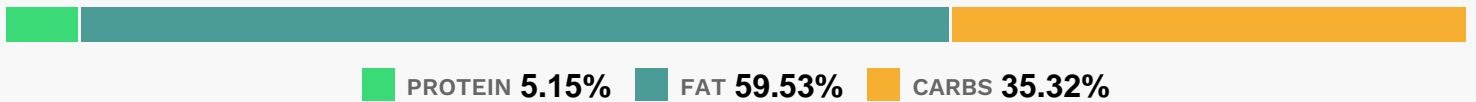
Equipment

- bowl
- oven
- baking pan
- hand mixer

Directions

- Preheat oven to 350 degrees F (175 degrees C). Prepare a 12x9-inch baking dish with cooking spray.
- Beat yams, eggs, 1 cup water, evaporated milk, 1 cup brown sugar, 1 cup white sugar, 1 cup butter, and vanilla extract together in a large bowl with an electric hand mixer until smooth; spread into prepared baking dish.
- Mix flour, 1 cup butter, 1 cup brown sugar, 1 cup white sugar, 4 teaspoons water, and baking powder together in a separate bowl. Stir pecans and coconut into the flour mixture and sprinkle over the yam mixture.
- Bake in preheated oven until the topping is lightly browned, about 45 minutes. Cool at room temperature 10 to 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:14.54, Glycemic Load:14.13, Inflammation Score:-4, Nutrition Score:10.185652116071%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg

Nutrients (% of daily need)

Calories: 393.03kcal (19.65%), Fat: 26.97g (41.5%), Saturated Fat: 10.77g (67.32%), Carbohydrates: 36.01g (12%), Net Carbohydrates: 32.06g (11.66%), Sugar: 19.7g (21.89%), Cholesterol: 50.66mg (16.89%), Sodium: 257.16mg (11.18%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Protein: 5.25g (10.49%), Manganese: 1.17mg (58.37%), Copper: 0.34mg (16.76%), Fiber: 3.95g (15.8%), Vitamin B1: 0.24mg (15.69%), Phosphorus: 139.57mg (13.96%), Selenium: 8.41µg (12.02%), Calcium: 100.08mg (10.01%), Magnesium: 39.23mg (9.81%), Potassium: 334.3mg (9.55%), Vitamin B2: 0.16mg (9.41%), Iron: 1.57mg (8.74%), Zinc: 1.27mg (8.48%), Folate: 32.67µg (8.17%), Vitamin B6: 0.14mg (7.04%), Vitamin A: 337.11IU (6.74%), Vitamin B5: 0.52mg (5.2%), Vitamin B3: 1.02mg (5.08%), Vitamin C: 3.71mg (4.5%), Vitamin E: 0.67mg (4.47%), Vitamin K: 1.87µg (1.78%), Vitamin B12: 0.1µg (1.64%), Vitamin D: 0.16µg (1.05%)