



Hawaiian Sweet Potato Casserole



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



321 kcal

SIDE DISH

Ingredients

- ☐ 6 bananas firm sliced
- ☐ 1 tablespoon butter cold cut into pieces
- ☐ 16 ounce pineapple crushed canned
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons honey
- ☐ 1 teaspoon juice of lemon
- ☐ 1 cup brown sugar light
- ☐ 1 cup pineapple juice

- ☐ 2 teaspoons salt
- ☐ 6 large sweet potatoes

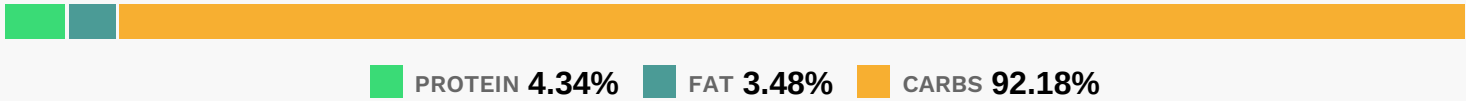
Equipment

- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Butter a 9x13-inch baking dish. Stir together the brown sugar and cinnamon until evenly blended; set aside.
- ☐ Place the sweet potatoes into a large pot and cover with salted water. Bring to a boil over high heat; reduce heat to medium-low, cover, and simmer until just tender, 15 to 20 minutes.
- ☐ Drain and allow to steam dry for a minute or two; peel and cut into 1/2 inch slices.
- ☐ Layer the potatoes into the prepared baking dish, dot with butter, and sprinkle with salt. Arrange the bananas over the potatoes and sprinkle evenly with the brown sugar mixture. Top with the crushed pineapple.
- ☐ Whisk together the pineapple juice, lemon juice, and honey until the honey has dissolved.
- ☐ Pour over the casserole.
- ☐ Bake in the preheated oven until hot and browned on top, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:22.17, Glycemic Load:26.06, Inflammation Score:-10, Nutrition Score:16.211304323748%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 320.99kcal (16.05%), Fat: 1.29g (1.99%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 77.1g (25.7%), Net Carbohydrates: 69.84g (25.4%), Sugar: 42.33g (47.03%), Cholesterol: 2.51mg (0.84%), Sodium: 495.24mg (21.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.25%), Vitamin A: 24205.21IU (484.1%), Manganese: 0.74mg (37.09%), Vitamin B6: 0.63mg (31.43%), Fiber: 7.26g (29.05%), Potassium: 884.27mg (25.26%), Copper: 0.37mg (18.38%), Vitamin C: 14.92mg (18.08%), Magnesium: 68.34mg (17.08%), Vitamin B5: 1.6mg (15.97%), Vitamin B1: 0.2mg (13.4%), Phosphorus: 98.39mg (9.84%), Vitamin B2: 0.16mg (9.45%), Folate: 36.31µg (9.08%), Iron: 1.52mg (8.44%), Calcium: 80.2mg (8.02%), Vitamin B3: 1.51mg (7.57%), Zinc: 0.68mg (4.51%), Vitamin K: 3.81µg (3.63%), Vitamin E: 0.54mg (3.63%), Selenium: 2.05µg (2.92%)