



## Healthified Sweet Potato Casserole

READY IN



55 min.

SERVINGS



8

CALORIES



249 kcal

SIDE DISH

### Ingredients

- 0.3 cup brown sugar packed
- 0.3 cup eggs fat-free
- 0.3 cup skim milk fat-free (skim)
- 3 tablespoons flour all-purpose gold medal®
- 0.3 cup granulated sugar
- 1 teaspoon ground cinnamon
- 0.3 cup pecans chopped
- 0.5 teaspoon salt
- 40 oz sweet potatoes and into drained canned

- 0.5 teaspoon vanilla
- 1 tablespoon butter 68% melted

## Equipment

- bowl
- oven

## Directions

- Heat oven to 350°F. Spray 1 1/2-quart casserole with cooking spray.
- In large bowl, mash sweet potatoes. Stir in granulated sugar, salt, egg product, milk and vanilla; spoon into casserole.
- In small bowl, mix all topping ingredients except pecans until well blended. Stir in pecans.
- Sprinkle over sweet potato mixture.
- Bake uncovered 35 to 40 minutes or until thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:31.42, Glycemic Load:21.59, Inflammation Score:-10, Nutrition Score:13.251304315484%

## Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 249.11kcal (12.46%), Fat: 5.54g (8.52%), Saturated Fat: 0.85g (5.28%), Carbohydrates: 47.02g (15.67%), Net Carbohydrates: 42.12g (15.32%), Sugar: 21.55g (23.94%), Cholesterol: 28.48mg (9.49%), Sodium: 255.84mg (11.12%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 4.19g (8.37%), Vitamin A: 20232.24IU (404.64%), Manganese: 0.64mg (32.05%), Fiber: 4.9g (19.59%), Vitamin B6: 0.33mg (16.39%), Potassium: 534.11mg (15.26%), Copper: 0.28mg (14.16%), Vitamin B5: 1.34mg (13.41%), Vitamin B1: 0.17mg (11.35%), Magnesium: 44.24mg (11.06%), Phosphorus: 106.32mg (10.63%), Vitamin B2: 0.15mg (9.03%), Iron: 1.32mg (7.32%), Calcium: 69.42mg (6.94%), Selenium: 4.6µg (6.57%), Folate: 25.56µg (6.39%), Zinc: 0.79mg (5.27%), Vitamin B3: 1.04mg (5.18%), Vitamin C: 3.46mg (4.2%), Vitamin E: 0.57mg (3.82%), Vitamin K: 2.82µg (2.69%), Vitamin B12: 0.11µg (1.9%), Vitamin D: 0.24µg (1.57%)