



Heavenly Sweet Potato Casserole

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



276 kcal

SIDE DISH

Ingredients

- 0.8 cup musselman's® apple butter
- 0.3 cup brown sugar
- 2 tablespoons butter melted
- 2 eggs
- 0.3 cup heavy cream
- 0.3 cup honey
- 2 pounds sweet potatoes cubed peeled

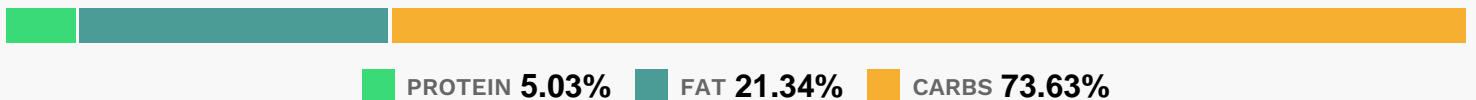
Equipment

- bowl
- sauce pan
- oven
- hand mixer

Directions

- Place potatoes in medium saucepan; add about 1 inch of water.
- Cover and cook 10–15 minutes or until tender.
- Drain very well.
- Heat oven to 350 degrees F. Spray 1 1/2–quart casserole with cooking spray.
- Mix apple butter, eggs, cream, honey, and 1/4 cup melted butter.
- Add potatoes and beat by hand or with electric mixer until mashed and well mixed. Spoon into casserole.
- Mix brown sugar, pecans, and remaining butter in small bowl.
- Sprinkle over potatoes.
- Bake 20–30 minutes or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:20.03, Glycemic Load:15.81, Inflammation Score:-10, Nutrition Score:11.257826157238%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 276.41kcal (13.82%), Fat: 6.71g (10.32%), Saturated Fat: 3.89g (24.3%), Carbohydrates: 52.07g (17.36%), Net Carbohydrates: 48.25g (17.54%), Sugar: 31.92g (35.47%), Cholesterol: 56.85mg (18.95%), Sodium: 109.46mg (4.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.11%), Vitamin A: 16349.8IU (327%), Manganese:

0.39mg (19.67%), Fiber: 3.82g (15.28%), Vitamin B6: 0.27mg (13.72%), Potassium: 447mg (12.77%), Vitamin B5: 1.13mg (11.31%), Copper: 0.21mg (10.46%), Vitamin B2: 0.14mg (8.45%), Phosphorus: 83.14mg (8.31%), Magnesium: 32.35mg (8.09%), Selenium: 4.62µg (6.59%), Vitamin B1: 0.1mg (6.46%), Iron: 1.08mg (6.02%), Calcium: 57.87mg (5.79%), Folate: 18.61µg (4.65%), Vitamin E: 0.57mg (3.82%), Zinc: 0.55mg (3.63%), Vitamin C: 2.98mg (3.61%), Vitamin B3: 0.69mg (3.45%), Vitamin K: 2.8µg (2.66%), Vitamin D: 0.34µg (2.26%), Vitamin B12: 0.12µg (1.93%)