



# I Can't Believe It's Not Sweet Potato Casserole

 **Gluten Free**  **Dairy Free**

READY IN



**80 min.**

SERVINGS



**8**

CALORIES



**171 kcal**

SIDE DISH

## Ingredients

- 8 cups butternut squash cubed peeled
- 2 teaspoons cinnamon
- 1 cup liquid egg substitute fat-free
- 2 cups marshmallows miniature
- 0.5 cup granulated no-calorie sweetener (recommended: Splenda)
- 0.7 cup pancake syrup sugar-free
- 0.5 teaspoon salt
- 0.7 cup vanilla soy milk light

1 teaspoon vanilla extract

## Equipment

food processor

oven

baking pan

potato masher

microwave

## Directions

Preheat the oven to 350 degrees F.

Fill a large, microwave-safe dish with 1/2 inch of water.

Place squash into the dish and cover. Microwave for about 8 minutes and then drain (the squash should be tender enough to mash, but not overcooked).

With a potato masher, food processor, or fork, mash the squash thoroughly, but do not puree (the squash should be pulpy).

Add soy milk, syrup, sweetener, salt, egg substitute, vanilla extract, and cinnamon.

Mix the ingredients thoroughly, but do not over-stir.

Transfer to an 8-inch by 10-inch baking pan sprayed with nonstick spray.

Bake in the oven until mostly firm, 45 to 50 minutes.

Top with mini marshmallows. Return to the oven until the marshmallows begin to brown, about 5 minutes. Allow to cool before serving!

## Nutrition Facts



**PROTEIN 11.32%** **FAT 2.74%** **CARBS 85.94%**

## Properties

Glycemic Index:18.61, Glycemic Load:12.05, Inflammation Score:-10, Nutrition Score:15.802173930666%

## Nutrients (% of daily need)

Calories: 170.68kcal (8.53%), Fat: 0.56g (0.87%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 39.67g (13.22%), Net Carbohydrates: 36.52g (13.28%), Sugar: 21.49g (23.88%), Cholesterol: 0mg (0%), Sodium: 230.57mg (10.02%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 5.22g (10.45%), Vitamin A: 15028.26IU (300.57%), Vitamin C: 30.99mg (37.56%), Vitamin E: 3mg (20%), Selenium: 13.77µg (19.67%), Manganese: 0.37mg (18.72%), Potassium: 588.48mg (16.81%), Vitamin B6: 0.3mg (15.13%), Magnesium: 52.71mg (13.18%), Fiber: 3.16g (12.63%), Vitamin B1: 0.19mg (12.57%), Folate: 49.05µg (12.26%), Calcium: 122.16mg (12.22%), Vitamin B3: 2.39mg (11.94%), Vitamin B2: 0.18mg (10.81%), Vitamin B5: 1.06mg (10.61%), Iron: 1.74mg (9.68%), Copper: 0.15mg (7.29%), Phosphorus: 69.15mg (6.91%), Vitamin B12: 0.31µg (5.24%), Vitamin D: 0.72µg (4.77%), Zinc: 0.57mg (3.78%), Vitamin K: 1.76µg (1.67%)