



Indiana's Finest Sweet Potato Casserole

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



294 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 0.5 cup brown sugar
- ☐ 2.5 tablespoons butter at room temperature
- ☐ 2 eggs beaten
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup milk
- ☐ 0.5 cup pecans chopped

- ☐ 2 cups sweet potatoes cooked mashed
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

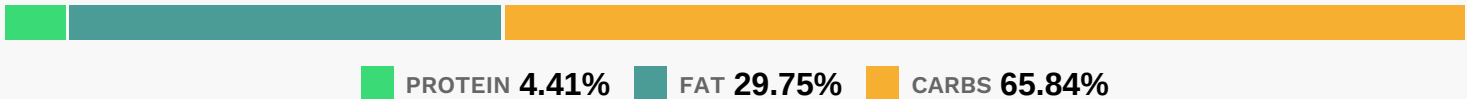
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 2-quart baking dish, and set aside.
- ☐ Mix together the sweet potatoes, white sugar, 1/2 cup melted butter, milk, eggs, vanilla extract, cinnamon, and nutmeg in a bowl.
- ☐ In another bowl, stir together the brown sugar, flour, 2 1/2 tablespoons of butter, and the pecans.
- ☐ Spoon the sweet potato mixture into the greased baking dish, spread the pecan mixture evenly over the top, and bake in the preheated oven until the topping is browned and bubbling, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:47.01, Glycemic Load:23.14, Inflammation Score:-10, Nutrition Score:9.5043476819992%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 293.51kcal (14.68%), Fat: 9.98g (15.36%), Saturated Fat: 3.23g (20.2%), Carbohydrates: 49.71g (16.57%), Net Carbohydrates: 47.9g (17.42%), Sugar: 40.57g (45.08%), Cholesterol: 51.55mg (17.18%), Sodium: 70.14mg (3.05%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Protein: 3.33g (6.66%), Vitamin A: 4906.44IU (98.13%), Manganese: 0.45mg (22.31%), Selenium: 5.71µg (8.16%), Copper: 0.16mg (7.75%), Vitamin B1: 0.11mg (7.48%), Phosphorus: 72.57mg (7.26%), Fiber: 1.8g (7.21%), Vitamin B2: 0.12mg (7.03%), Vitamin B6: 0.12mg (5.83%), Vitamin B5: 0.57mg (5.72%), Potassium: 195.66mg (5.59%), Magnesium: 21.49mg (5.37%), Iron: 0.87mg (4.82%), Calcium: 47.5mg (4.75%), Folate: 17.79µg (4.45%), Zinc: 0.63mg (4.22%), Vitamin E: 0.41mg (2.72%), Vitamin B3: 0.54mg (2.68%), Vitamin B12: 0.16µg (2.67%), Vitamin D: 0.33µg (2.21%), Vitamin K: 1.24µg (1.18%), Vitamin C: 0.88mg (1.06%)