



Mallow-Topped Sweet Potato Casserole

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

READY IN



30 min.

SERVINGS



30

CALORIES



73 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 1 tsp ground cinnamon
- 30 marshmallows jet-puffed divided
- 45 oz sweet potatoes drained canned

Equipment

- sauce pan
- oven
- blender

baking pan

Directions

Heat oven to 350F.

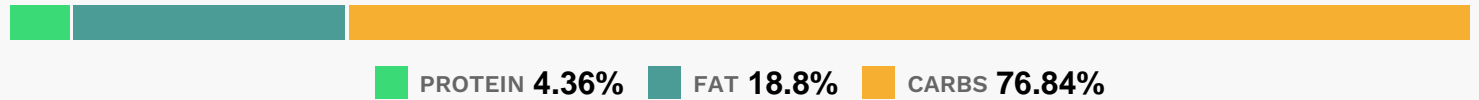
Cook 6 marshmallows, butter and cinnamon in medium saucepan on low heat until marshmallows are melted and mixture is blended, stirring frequently.

Add potatoes; beat with mixer until blended.

Spoon into 1-1/2-qt. baking dish sprayed with cooking spray; top with remaining marshmallows.

Bake 15 to 20 min. or until potato mixture is heated through and marshmallows are lightly browned.

Nutrition Facts



Properties

Glycemic Index:4.12, Glycemic Load:7.66, Inflammation Score:-10, Nutrition Score:6.3391304261497%

Flavonoids

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: 72.65kcal (3.63%), Fat: 1.56g (2.4%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 13.01g (4.73%), Sugar: 5.81g (6.46%), Cholesterol: 0mg (0%), Sodium: 46.84mg (2.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.63%), Vitamin A: 6100.84IU (122.02%), Manganese: 0.13mg (6.27%), Fiber: 1.33g (5.31%), Vitamin B6: 0.09mg (4.47%), Potassium: 144.82mg (4.14%), Copper: 0.07mg (3.56%), Vitamin B5: 0.34mg (3.42%), Magnesium: 10.88mg (2.72%), Vitamin B1: 0.03mg (2.23%), Phosphorus: 21.04mg (2.1%), Vitamin B2: 0.03mg (1.57%), Iron: 0.28mg (1.57%), Calcium: 14.4mg (1.44%), Vitamin C: 1.03mg (1.25%), Vitamin B3: 0.24mg (1.22%), Folate: 4.77µg (1.19%), Vitamin E: 0.17mg (1.14%)