



Mashed Sweet Potato Casserole with Bourbon

 Vegetarian

READY IN



140 min.

SERVINGS



10

CALORIES



528 kcal

SIDE DISH

Ingredients

- 0.3 cup bourbon
- 0.8 cup t brown sugar dark packed
- 0.8 cup flour all-purpose
- 0.8 teaspoon ground cinnamon
- 1.5 teaspoons kosher salt
- 0.8 teaspoon nutmeg freshly grated
- 2 teaspoons orange zest finely grated (from 1 medium orange)
- 6 ounces pecans finely chopped

- 6 pounds sweet potatoes and into
- 6 tablespoons butter unsalted plus more for coating the dish ()
- 0.3 cup milk whole

Equipment

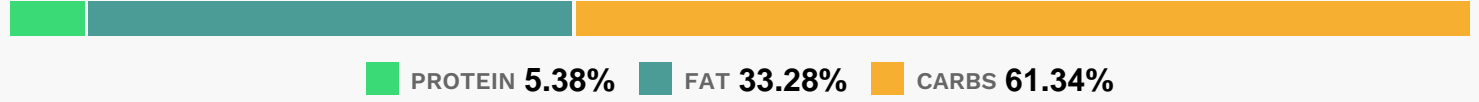
- bowl
- baking sheet
- sauce pan
- oven
- whisk
- wire rack
- blender
- baking pan
- potato masher

Directions

- Heat the oven to 375°F and arrange a rack in the middle.
- Whisk the sugar, flour, and salt in a medium bowl until combined.
- Add the butter and, using a pastry blender or your fingers, cut it into the flour mixture until the butter's in pea-size pieces or smaller, about 5 minutes.
- Add the pecans and toss with your fingers to combine. Squeeze clumps of the mixture between your fingers to form irregularly shaped pieces about the size of kidney beans. Cover and place in the refrigerator until ready to use. To assemble: When the sweet potatoes are done roasting, place the baking sheet on a wire rack and set it aside until the sweet potatoes are cool enough to handle, about 20 minutes. Meanwhile, place the bourbon, measured butter, orange zest, salt, cinnamon, and nutmeg in a small saucepan over medium heat and cook, stirring occasionally, until the butter has melted and the mixture has started to bubble, about 5 minutes; set aside. Coat a 13-by-9-inch baking dish with butter and set it aside. When the sweet potatoes are cooled, cut them in half lengthwise. Scrape the flesh out with a spoon and transfer it to a large bowl; discard the skins. Using a potato masher, mash the flesh until it's almost smooth but some chunks remain.
- Add the bourbon mixture and the milk and stir until evenly combined.

- Transfer the mixture to the prepared baking dish. Evenly sprinkle the streusel topping over the sweet potatoes.
- Bake until the streusel is golden brown, about 20 minutes.
- Place the dish on a wire rack and let it sit 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index: 27.1, Glycemic Load: 32.41, Inflammation Score: -10, Nutrition Score: 22.440000059812%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Delphinidin: 1.24mg, Delphinidin: 1.24mg, Delphinidin: 1.24mg, Delphinidin: 1.24mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 527.71kcal (26.39%), Fat: 19.54g (30.06%), Saturated Fat: 5.58g (34.89%), Carbohydrates: 81.05g (27.02%), Net Carbohydrates: 70.84g (25.76%), Sugar: 28.43g (31.58%), Cholesterol: 18.79mg (6.26%), Sodium: 506.67mg (22.03%), Alcohol: 2g (100%), Alcohol %: 0.75% (100%), Protein: 7.11g (14.23%), Vitamin A: 38842.29IU (776.85%), Manganese: 1.58mg (78.76%), Fiber: 10.2g (40.82%), Copper: 0.64mg (32.08%), Vitamin B6: 0.62mg (31.03%), Potassium: 1032.26mg (29.49%), Vitamin B1: 0.4mg (26.89%), Vitamin B5: 2.42mg (24.21%), Magnesium: 93.53mg (23.38%), Phosphorus: 194.73mg (19.47%), Iron: 2.67mg (14.83%), Vitamin B2: 0.25mg (14.5%), Folate: 51.5µg (12.87%), Calcium: 120.81mg (12.08%), Vitamin B3: 2.3mg (11.52%), Zinc: 1.7mg (11.34%), Vitamin C: 7.27mg (8.82%), Selenium: 5.87µg (8.38%), Vitamin E: 1.15mg (7.69%), Vitamin K: 6.18µg (5.88%), Vitamin D: 0.19µg (1.29%)