

Mini Sweet Potato Casserole

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



2

CALORIES



256 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter divided melted
- 2 tablespoons coconut flakes flaked
- 0.1 teaspoon ground cinnamon
- 1 Dash nutmeg
- 0.5 teaspoon orange zest grated
- 1 tablespoon raisins
- 0.1 teaspoon salt
- 1 medium sweet potatoes and into

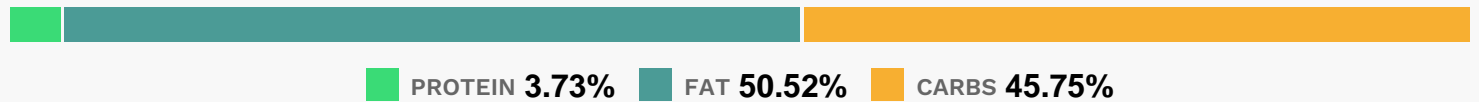
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Place the sweet potato in a saucepan; cover with water. Bring to a boil. Reduce heat; cover and cook for 30–40 minutes or just until tender.
- Drain; cool slightly and peel.
- Place in a bowl; mash. Stir in 1 tablespoon butter, raisins, orange peel, salt, cinnamon and nutmeg.
- Transfer to a greased 1-1/2-cup baking dish. Toss coconut with remaining butter; sprinkle over the top.
- Bake, uncovered, at 350° for 25–30 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:120.9, Glycemic Load:14.49, Inflammation Score:-10, Nutrition Score:11.185652221027%

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: 256.18kcal (12.81%), Fat: 14.86g (22.86%), Saturated Fat: 10.22g (63.88%), Carbohydrates: 30.28g (10.09%), Net Carbohydrates: 25.35g (9.22%), Sugar: 5.24g (5.83%), Cholesterol: 30.1mg (10.03%), Sodium: 301.57mg (13.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Vitamin A: 16384.15IU (327.68%), Manganese: 0.49mg (24.28%), Fiber: 4.94g (19.75%), Potassium: 476.57mg (13.62%), Vitamin B6:

0.27mg (13.38%), Copper: 0.24mg (11.96%), Vitamin B5: 0.97mg (9.66%), Magnesium: 36.38mg (9.1%), Phosphorus: 73.64mg (7.36%), Vitamin B1: 0.1mg (6.84%), Iron: 1.08mg (6.02%), Vitamin B2: 0.09mg (5.48%), Vitamin C: 3.89mg (4.72%), Calcium: 43.73mg (4.37%), Vitamin E: 0.64mg (4.3%), Vitamin B3: 0.76mg (3.81%), Folate: 14.06µg (3.52%), Zinc: 0.48mg (3.2%), Vitamin K: 3.07µg (2.92%), Selenium: 1.81µg (2.58%)