



Mom's Best Sweet Potato Casserole

READY IN



60 min.

SERVINGS



10

CALORIES



245 kcal

SIDE DISH

Ingredients

- 3 Tbsp brown sugar
- 2 Tbsp butter melted
- 4 oz philadelphia cream cheese softened ()
- 1 tsp ground cinnamon
- 0.3 tsp ground nutmeg
- 1.5 cups marshmallows jet-puffed miniature
- 2 cups grain cereal flakes whole with cranberries and almonds, crushed
- 3 lb sweet potatoes (5 large)

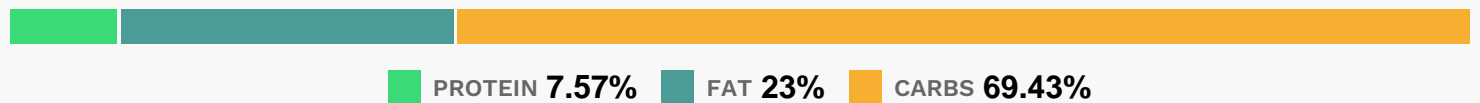
Equipment

- bowl
- oven
- potato masher
- microwave
- glass baking pan

Directions

- Preheat oven to 325F.
- Place sweet potatoes on microwaveable plate. Microwave on HIGH 8 min. Turn potatoes over; continue microwaving 9 to 10 min. or until very tender.
- Let stand 5 min.
- Cut potatoes in half lengthwise. Scoop pulp into large bowl; discard skins.
- Add cream cheese, brown sugar, cinnamon and nutmeg to potato pulp. Mash with potato masher to desired consistency. Spoon into 9-inch square glass baking dish.
- Mix cereal and butter in medium bowl until well blended. Stir in marshmallows.
- Sprinkle evenly over potato mixture.
- Bake 30 to 35 min. or until topping is golden brown and mixture is heated through.

Nutrition Facts



Properties

Glycemic Index:27.05, Glycemic Load:17.38, Inflammation Score:-10, Nutrition Score:12.369130455929%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 245.18kcal (12.26%), Fat: 6.36g (9.78%), Saturated Fat: 3.8g (23.76%), Carbohydrates: 43.18g (14.39%), Net Carbohydrates: 38.54g (14.01%), Sugar: 16.09g (17.87%), Cholesterol: 17.56mg (5.85%), Sodium: 164.55mg (7.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.41%), Vitamin A: 19529.43IU (390.59%), Manganese: 0.4mg (20.11%), Vitamin B6: 0.37mg (18.65%), Fiber: 4.65g (18.59%), Vitamin B1: 0.22mg (14.64%), Potassium: 480.71mg (13.73%), Vitamin B5: 1.16mg (11.62%), Vitamin B2: 0.2mg (11.47%), Copper: 0.22mg (10.9%), Magnesium: 35.83mg (8.96%), Iron: 1.51mg (8.38%), Phosphorus: 77.8mg (7.78%), Calcium: 74.42mg (7.44%), Folate: 26.24µg (6.56%), Vitamin C: 5.28mg (6.4%), Vitamin B3: 1.28mg (6.4%), Vitamin E: 0.52mg (3.49%), Zinc: 0.48mg (3.18%), Selenium: 2µg (2.86%), Vitamin K: 2.97µg (2.83%)