



Old School Sweet Potato Souffle

 Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



473 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 0.5 cup brown sugar
- ☐ 8 servings butter for casserole
- ☐ 2 eggs beaten
- ☐ 4.5 ounce evaporated milk canned
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup marshmallows mini
- ☐ 1 cup roasted salted coarsely chopped

- ☐ 8 servings salt
- ☐ 3 pounds sweet potatoes cubed peeled
- ☐ 0.5 cup coconut or shredded sweetened
- ☐ 5 tablespoons butter unsalted melted
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ casserole dish
- ☐ colander

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Butter a 2-quart casserole dish and set aside.
- ☐ Add the potatoes to a large pot of cold, salted water. Bring to a boil over high heat, then reduce the heat and simmer until the potatoes are tender, about 20 minutes.
- ☐ Drain in a colander in the sink.
- ☐ Mash the potatoes in a large bowl.
- ☐ Add the evaporated milk, brown sugar, butter, vanilla, cinnamon, beaten eggs, salt and pepper, to taste.
- ☐ Mix together until smooth.
- ☐ Pour the mixture into the casserole dish and bake for 25 minutes.
- ☐ In a small bowl, toss together the cashews, marshmallows, and coconut.
- ☐ Remove the casserole dish from oven and top with the cashew mixture.
- ☐ Bake until the marshmallows are lightly toasted, about 5 to 10 more minutes.
- ☐ Remove the casserole from the oven and let cool for 5 minutes before serving.

Nutrition Facts



 **PROTEIN 6.7%**  **FAT 43.47%**  **CARBS 49.83%**

Properties

Glycemic Index:25.69, Glycemic Load:18.44, Inflammation Score:-10, Nutrition Score:18.572608636773%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 472.8kcal (23.64%), Fat: 23.43g (36.05%), Saturated Fat: 11.51g (71.96%), Carbohydrates: 60.45g (20.15%), Net Carbohydrates: 54.48g (19.81%), Sugar: 27.25g (30.28%), Cholesterol: 75.11mg (25.04%), Sodium: 483.74mg (21.03%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 8.13g (16.26%), Vitamin A: 24573.72IU (491.47%), Manganese: 0.77mg (38.46%), Copper: 0.68mg (33.91%), Magnesium: 96.89mg (24.22%), Fiber: 5.96g (23.86%), Phosphorus: 228.4mg (22.84%), Vitamin B6: 0.45mg (22.4%), Potassium: 776.83mg (22.2%), Vitamin B5: 1.92mg (19.16%), Vitamin B2: 0.25mg (14.42%), Iron: 2.53mg (14.03%), Calcium: 124.04mg (12.4%), Zinc: 1.86mg (12.39%), Vitamin B1: 0.18mg (12.1%), Selenium: 8.07µg (11.53%), Vitamin K: 10.31µg (9.82%), Folate: 38.03µg (9.51%), Vitamin E: 1.09mg (7.24%), Vitamin B3: 1.28mg (6.41%), Vitamin C: 4.43mg (5.37%), Vitamin D: 0.37µg (2.45%), Vitamin B12: 0.15µg (2.45%)