



Quick Traditional Sweet Potato Casserole

READY IN



40 min.

SERVINGS



10

CALORIES



226 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds coarsely chopped
- ☐ 2.5 tablespoons butter melted
- ☐ 1 tablespoon cake flour
- ☐ 0.3 cup crème fraîche
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.7 cup marshmallows mini
- ☐ 0.8 teaspoon salt
- ☐ 58 ounce sweet potatoes in syrup drained canned

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0.3 teaspoon vanilla extract

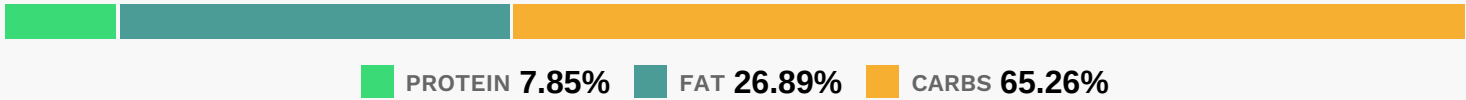
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ potato masher

Directions

- ☐ Preheat oven to 37
- ☐ Place yams in a large bowl. Coarsely mash with a potato masher. Stir in crme frache and next 6 ingredients (through egg). Spoon potato mixture into an 8-inch square glass or ceramic baking dish coated with cooking spray.
- ☐ Sprinkle with marshmallows and almonds.
- ☐ Bake at 375 for 30 minutes or until thoroughly heated and marshmallows are browned.

Nutrition Facts



Properties

Glycemic Index:25.05, Glycemic Load:18.34, Inflammation Score:-10, Nutrition Score:13.864782548469%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 226.3kcal (11.31%), Fat: 6.91g (10.63%), Saturated Fat: 2.75g (17.19%), Carbohydrates: 37.73g (12.58%), Net Carbohydrates: 32.13g (11.68%), Sugar: 9.23g (10.26%), Cholesterol: 29.52mg (9.84%), Sodium: 298.98mg (13%), Alcohol: 0.03g (100%), Alcohol %: 0.02% (100%), Protein: 4.54g (9.08%), Vitamin A: 23477.94IU (469.56%), Manganese: 0.56mg (27.96%), Fiber: 5.6g (22.41%), Vitamin B6: 0.36mg (18.08%), Potassium: 605.47mg (17.3%), Copper: 0.31mg (15.35%), Vitamin B5: 1.44mg (14.41%), Magnesium: 55.54mg (13.88%), Vitamin E: 1.81mg (12.06%), Phosphorus: 116.33mg (11.63%), Vitamin B2: 0.19mg (11.11%), Vitamin B1: 0.14mg (9.47%), Calcium: 72.92mg (7.29%), Iron: 1.3mg (7.2%), Folate: 23.25µg (5.81%), Vitamin B3: 1.11mg (5.55%), Zinc: 0.74mg (4.92%), Vitamin C: 4mg (4.85%), Selenium: 3.3µg (4.72%), Vitamin K: 3.34µg (3.18%), Vitamin B12: 0.06µg (1.04%)