

Rum and Sweet Potato Casserole

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



474 kcal

SIDE DISH

Ingredients

- ☐ 1 cup brown sugar
- ☐ 0.3 cup butter melted
- ☐ 0.3 cup rum dark
- ☐ 2 eggs beaten
- ☐ 0.5 cup milk
- ☐ 1 cup pecans chopped
- ☐ 0.3 cup self-rising flour
- ☐ 3 cups sweet potatoes mashed

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

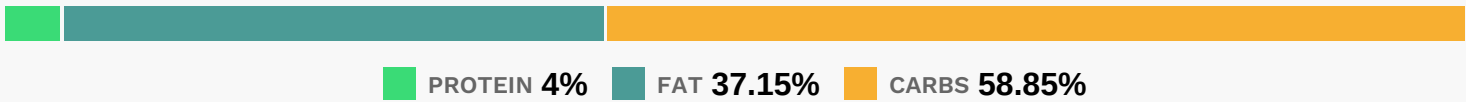
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- ☐ In a large bowl, mix the sweet potatoes and sugar. Stir in the eggs.
- ☐ Mix in milk, vanilla extract, and 1/2 cup melted butter. Gradually stir in the rum until well blended.
- ☐ Transfer the mixture to the prepared baking dish.
- ☐ In a medium bowl, mix the brown sugar, pecans, flour, and 1/3 cup melted butter.
- ☐ Sprinkle this mixture over the mashed sweet potato mixture.
- ☐ Bake 30 minutes in the preheated oven. Allow to sit at least 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:38.51, Glycemic Load:25.18, Inflammation Score:-10, Nutrition Score:12.188695643259%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 473.83kcal (23.69%), Fat: 19.21g (29.55%), Saturated Fat: 6.35g (39.71%), Carbohydrates: 68.44g (22.81%), Net Carbohydrates: 65.51g (23.82%), Sugar: 55.11g (61.23%), Cholesterol: 63.09mg (21.03%), Sodium: 117.86mg (5.12%), Alcohol: 3.51g (100%), Alcohol %: 2.66% (100%), Protein: 4.66g (9.31%), Vitamin A: 7403.97IU (148.08%), Manganese: 0.81mg (40.41%), Copper: 0.27mg (13.67%), Fiber: 2.93g (11.72%), Phosphorus: 107.22mg (10.72%), Selenium: 7.13µg (10.18%), Vitamin B1: 0.15mg (9.8%), Magnesium: 36.13mg (9.03%), Potassium: 307.49mg (8.79%), Vitamin B6: 0.17mg (8.73%), Vitamin B5: 0.81mg (8.12%), Vitamin B2: 0.13mg (7.73%), Calcium: 75.6mg (7.56%), Zinc: 1.04mg (6.93%), Iron: 1.1mg (6.13%), Vitamin E: 0.68mg (4.56%), Folate: 15.93µg (3.98%), Vitamin B12: 0.2µg (3.27%), Vitamin B3: 0.55mg (2.76%), Vitamin D: 0.39µg (2.59%), Vitamin K: 2.13µg (2.03%), Vitamin C: 1.35mg (1.63%)