



Simple Mashed Sweet Potato Casserole



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup maple syrup
- ☐ 0.3 cup milk or as needed
- ☐ 2 cups sweet potatoes mashed

Equipment

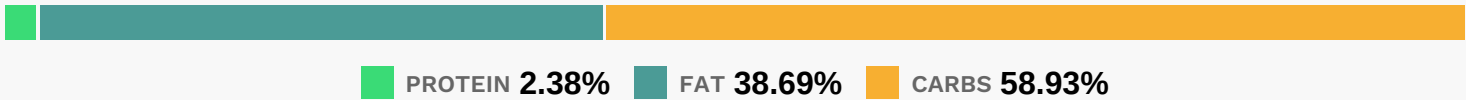
- ☐ bowl
- ☐ sauce pan
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x12-inch baking dish.
- ☐ Mash sweet potatoes in a bowl with milk, adding the milk a little at a time until potatoes are the desired consistency.
- ☐ Spread sweet potatoes into the prepared baking dish.
- ☐ Bring maple syrup and butter to a boil in a saucepan and pour the boiling syrup mixture over the sweet potatoes.
- ☐ Bake in the preheated oven until the sweet potatoes are hot and the topping has begun to cook into a sticky caramel, 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:45.63, Glycemic Load:16.78, Inflammation Score:-10, Nutrition Score:11.878260954567%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 276.74kcal (13.84%), Fat: 12.03g (18.5%), Saturated Fat: 7.59g (47.42%), Carbohydrates: 41.22g (13.74%), Net Carbohydrates: 39.23g (14.26%), Sugar: 27.64g (30.71%), Cholesterol: 32.33mg (10.78%), Sodium: 137.22mg (5.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.33%), Vitamin A: 9813.61IU (196.27%), Manganese: 1.1mg (54.9%), Vitamin B2: 0.58mg (33.98%), Potassium: 340.95mg (9.74%), Calcium: 85.99mg (8.6%), Fiber: 2g (7.98%), Vitamin B6: 0.15mg (7.44%), Magnesium: 27.19mg (6.8%), Vitamin B5: 0.6mg (6.04%), Vitamin B1: 0.09mg (5.85%), Copper: 0.1mg (5.03%), Phosphorus: 50.06mg (5.01%), Zinc: 0.56mg (3.71%), Vitamin E: 0.51mg (3.4%), Iron: 0.45mg (2.52%), Vitamin K: 2.24µg (2.13%), Vitamin B3: 0.43mg (2.12%), Folate: 7.74µg (1.94%), Vitamin C: 1.6mg (1.93%), Vitamin B12: 0.11µg (1.77%), Selenium: 0.83µg (1.19%), Vitamin D: 0.17µg (1.12%)