



Skillet Sweet Potato Casserole with Bacon, Brown Sugar Crumble

READY IN



50 min.

SERVINGS



6

CALORIES



351 kcal

SIDE DISH

Ingredients

- 3 slices bacon crispy fully cooked chopped
- 0.5 cup flour
- 0.3 cup cup heavy whipping cream
- 1 cup pecans chopped
- 0.3 teaspoon sea salt fine
- 3 sweet potatoes and into peeled cut into 1-inch cubes

Equipment

- bowl
- frying pan
- oven
- pot
- baking pan

Directions

- Preheat your oven to 350 degrees F and have a cast iron skillet or oven-safe baking dish ready.
- Place the cubed sweet potatoes in a large pot and cover with water. Bring them to a boil over high heat and cook until tender, about 10–15 minutes.
- Remove from heat and drain.
- Transfer to a large bowl and mash. To the bowl with mashed sweet potatoes, stir in 1/2 cup of the melted butter, heavy cream, 1/4 cup of the brown sugar, and the salt until fully incorporated.
- Pour the mixture into the cast iron skillet. In a medium bowl, combine the 1/3 cup melted butter, 1/2 cup brown sugar, flour, pecans, and bacon. Fold the ingredients together until moist crumbles form.
- Sprinkle the mixture on top of the sweet potato mash.
- Place the skillet in the oven and bake for 35 minutes or until golden brown.
- Remove from heat and let stand for 5 minutes before serving. Enjoy!

Nutrition Facts



PROTEIN 6.95% **FAT 55.72%** **CARBS 37.33%**

Properties

Glycemic Index:23.83, Glycemic Load:17.05, Inflammation Score:-10, Nutrition Score:16.122173913043%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg

Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Taste

Sweetness: 27.57%, Saltiness: 38.82%, Sourness: 4.04%, Bitterness: 7.87%, Savoriness: 28.24%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 351.45kcal (17.57%), Fat: 22.38g (34.43%), Saturated Fat: 5.66g (35.39%), Carbohydrates: 33.73g (11.24%), Net Carbohydrates: 28.31g (10.29%), Sugar: 5.86g (6.51%), Cholesterol: 22.2mg (7.4%), Sodium: 235.64mg (10.25%), Protein: 6.28g (12.56%), Vitamin A: 16239.92IU (324.8%), Manganese: 1.18mg (59.08%), Fiber: 5.42g (21.66%), Vitamin B1: 0.32mg (21.52%), Copper: 0.41mg (20.49%), Vitamin B6: 0.31mg (15.64%), Potassium: 500.8mg (14.31%), Phosphorus: 138.19mg (13.82%), Magnesium: 54.77mg (13.69%), Vitamin B5: 1.2mg (12.01%), Selenium: 7.51µg (10.73%), Vitamin B2: 0.18mg (10.46%), Vitamin B3: 1.91mg (9.54%), Iron: 1.69mg (9.4%), Zinc: 1.4mg (9.31%), Folate: 36.02µg (9%), Calcium: 57.52mg (5.75%), Vitamin E: 0.72mg (4.82%), Vitamin C: 2.99mg (3.63%), Vitamin K: 3.12µg (2.98%), Vitamin D: 0.26µg (1.7%), Vitamin B12: 0.08µg (1.27%)