



Skinny Sweet Potato Casserole

READY IN



55 min.

SERVINGS



8

CALORIES



249 kcal

SIDE DISH

Ingredients

- 40 oz sweet potatoes and into drained canned
- 0.3 cup granulated sugar
- 0.5 teaspoon salt
- 0.3 cup eggs fat-free
- 0.3 cup skim milk fat-free (skim)
- 0.5 teaspoon vanilla
- 0.3 cup brown sugar packed
- 3 tablespoons flour all-purpose
- 1 teaspoon ground cinnamon

1 tablespoon butter 68% melted

0.3 cup pecans chopped

Equipment

bowl

oven

Directions

Heat oven to 350°F. Spray 1 1/2-quart casserole with cooking spray.

In large bowl, mash sweet potatoes. Stir in granulated sugar, salt, egg product, milk and vanilla; spoon into casserole.

In small bowl, mix all topping ingredients except pecans until well blended. Stir in pecans.

Sprinkle over sweet potato mixture.

Bake uncovered 35 to 40 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:31.42, Glycemic Load:21.59, Inflammation Score:-10, Nutrition Score:13.251304315484%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 249.11kcal (12.46%), Fat: 5.54g (8.52%), Saturated Fat: 0.85g (5.28%), Carbohydrates: 47.02g (15.67%), Net Carbohydrates: 42.12g (15.32%), Sugar: 21.55g (23.94%), Cholesterol: 28.48mg (9.49%), Sodium: 255.84mg (11.12%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 4.19g (8.37%), Vitamin A: 20232.24IU (404.64%), Manganese: 0.64mg (32.05%), Fiber: 4.9g (19.59%), Vitamin B6: 0.33mg (16.39%), Potassium: 534.11mg (15.26%), Copper: 0.28mg (14.16%), Vitamin B5: 1.34mg (13.41%), Vitamin B1: 0.17mg (11.35%), Magnesium: 44.24mg (11.06%), Phosphorus: 106.32mg (10.63%), Vitamin B2: 0.15mg (9.03%), Iron: 1.32mg (7.32%), Calcium: 69.42mg (6.94%), Selenium: 4.6µg (6.57%), Folate: 25.56µg (6.39%), Zinc: 0.79mg (5.27%), Vitamin B3: 1.04mg (5.18%), Vitamin C: 3.46mg (4.2%), Vitamin E: 0.57mg (3.82%), Vitamin K: 2.82µg (2.69%), Vitamin B12: 0.11µg (1.9%), Vitamin D: 0.24µg (1.57%)