



Spiced Sweet Potato Casserole

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



255 kcal

SIDE DISH

Ingredients

- 0.3 cup brown sugar packed
- 2 tablespoons butter
- 2 large eggs
- 1.5 teaspoons ground cinnamon
- 0.5 teaspoon ground nutmeg
- 2 tablespoons orange juice concentrate
- 0.3 cup pecans chopped
- 0.5 teaspoon salt

3 pounds sweet potatoes

Equipment

bowl

paper towels

oven

blender

baking pan

microwave

Directions

Preheat oven to 35

Pierce potatoes with a fork; arrange in a circle on paper towels in microwave oven. Microwave at HIGH 16 minutes or until tender, rearranging potatoes after 8 minutes.

Let stand 5 minutes.

Cut each potato in half lengthwise; scoop out pulp into a large bowl. Discard skins.

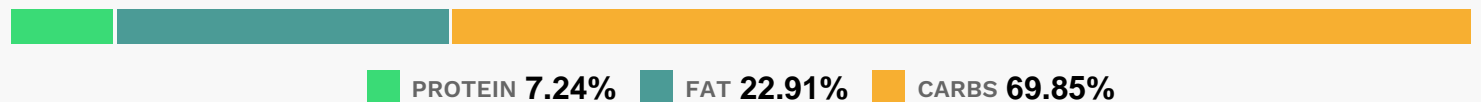
Add sugar and next 5 ingredients (sugar through nutmeg), and beat with a mixer at low speed until combined.

Add eggs; beat until smooth.

Spoon mixture into a 1 1/2-quart baking dish; sprinkle with pecans.

Bake at 350 for 45 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:16.94, Inflammation Score:-10, Nutrition Score:14.659130474795%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg,

Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 254.68kcal (12.73%), Fat: 6.62g (10.19%), Saturated Fat: 2.47g (15.42%), Carbohydrates: 45.45g (15.15%), Net Carbohydrates: 39.75g (14.46%), Sugar: 17.33g (19.25%), Cholesterol: 54.03mg (18.01%), Sodium: 282.03mg (12.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.42%), Vitamin A: 24303.8IU (486.08%), Manganese: 0.67mg (33.64%), Fiber: 5.69g (22.77%), Vitamin B6: 0.4mg (19.91%), Potassium: 642.81mg (18.37%), Vitamin B5: 1.62mg (16.2%), Copper: 0.32mg (15.79%), Magnesium: 50.79mg (12.7%), Phosphorus: 118.1mg (11.81%), Vitamin C: 9.5mg (11.51%), Vitamin B1: 0.17mg (11.4%), Vitamin B2: 0.17mg (10.19%), Iron: 1.46mg (8.09%), Calcium: 74.34mg (7.43%), Selenium: 5.16µg (7.37%), Folate: 28.5µg (7.12%), Zinc: 0.85mg (5.65%), Vitamin B3: 1.06mg (5.28%), Vitamin E: 0.73mg (4.89%), Vitamin K: 3.6µg (3.42%), Vitamin B12: 0.12µg (1.95%), Vitamin D: 0.25µg (1.67%)