



Streuseled Sweet Potato Casserole

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



206 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup half-and-half
- ☐ 0.5 cup maple syrup
- ☐ 0.5 cup pecans chopped
- ☐ 0.8 teaspoon salt

- ☐ 14 cups sweet potatoes and into cubed peeled (1-inch) (5 pounds)
- ☐ 1 teaspoon vanilla extract

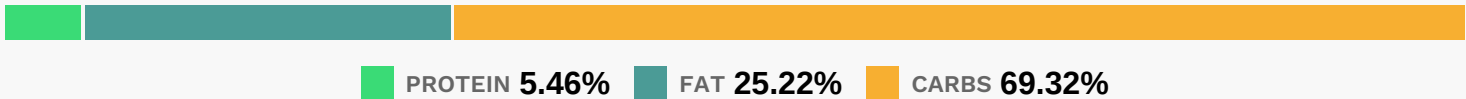
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 37
- ☐ Place potato in a Dutch oven, and cover with water. Bring to a boil. Reduce heat; simmer 12 minutes or until tender.
- ☐ Drain.
- ☐ Combine the half-and-half and next 4 ingredients (half-and-half through egg) in a large bowl, stirring with a whisk.
- ☐ Add potato to egg mixture; beat with a mixer at medium speed until smooth. Spoon potato mixture into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Combine flour and sugar in a food processor; pulse to combine.
- ☐ Add chilled butter; pulse until mixture resembles coarse meal. Stir in pecans; sprinkle over potato mixture.
- ☐ Cover and bake at 375 for 15 minutes. Uncover and bake an additional 25 minutes or until the topping is browned and the potatoes are thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:14.4, Inflammation Score:-10, Nutrition Score:11.527391291183%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg 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

Nutrients (% of daily need)

Calories: 205.92kcal (10.3%), Fat: 5.86g (9.02%), Saturated Fat: 2.39g (14.94%), Carbohydrates: 36.24g (12.08%), Net Carbohydrates: 32.76g (11.91%), Sugar: 16.06g (17.84%), Cholesterol: 19.46mg (6.49%), Sodium: 184.71mg (8.03%), Alcohol: 0.08g (100%), Alcohol %: 0.07% (100%), Protein: 2.86g (5.71%), Vitamin A: 14794.94IU (295.9%), Manganese: 0.64mg (31.9%), Fiber: 3.49g (13.95%), Vitamin B2: 0.22mg (13.22%), Vitamin B6: 0.23mg (11.74%), Potassium: 406.8mg (11.62%), Copper: 0.2mg (10.16%), Vitamin B5: 0.94mg (9.43%), Vitamin B1: 0.14mg (9.14%), Magnesium: 33.81mg (8.45%), Phosphorus: 73.66mg (7.37%), Calcium: 58.08mg (5.81%), Iron: 0.98mg (5.42%), Folate: 20.06µg (5.02%), Selenium: 3.09µg (4.41%), Vitamin B3: 0.84mg (4.21%), Zinc: 0.6mg (4.01%), Vitamin C: 2.58mg (3.12%), Vitamin E: 0.43mg (2.88%), Vitamin K: 2.29µg (2.19%)