



Sweet Potato and Apple Casserole

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



219 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 large apples cored peeled cut into 1/4 inch rings
- 0.3 cup brown sugar packed
- 0.3 cup butter
- 0.3 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 1 teaspoon nutmeg
- 0.3 cup pecans chopped
- 3 sweet potatoes and into peeled quartered

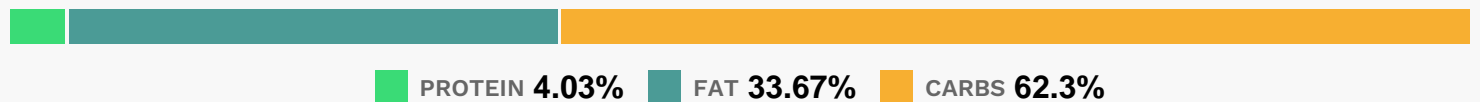
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Place sweet potatoes in a large saucepan with enough water to cover. Bring to a boil and cook 25 minutes, or until tender but firm.
- Drain, cool and cut into 1/4 inch slices.
- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 7x11 inch baking dish.
- In a small bowl, mix brown sugar, cinnamon and nutmeg.
- Layer sweet potatoes, brown sugar mixture and apples in the prepared baking dish.
- In a medium bowl, mix flour, brown sugar, butter and pecans.
- Sprinkle over the sweet potatoes.
- Bake in the preheated oven 30 minutes, or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:12.68, Inflammation Score:-10, Nutrition Score:10.685652202238%

Flavonoids

Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 4.23mg, Epicatechin: 4.23mg, Epicatechin: 4.23mg, Epicatechin: 4.23mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Apigenin: 0.01mg,

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg,
Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin:
0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.24mg, Quercetin: 2.24mg,
Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 218.55kcal (10.93%), Fat: 8.47g (13.04%), Saturated Fat: 3.96g (24.75%), Carbohydrates: 35.27g (11.76%),
Net Carbohydrates: 30.78g (11.19%), Sugar: 16.24g (18.04%), Cholesterol: 15.25mg (5.08%), Sodium: 94.85mg
(4.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.57%), Vitamin A: 12233.76IU (244.68%),
Manganese: 0.47mg (23.67%), Fiber: 4.5g (17.99%), Potassium: 376.2mg (10.75%), Vitamin B6: 0.21mg (10.63%),
Copper: 0.2mg (9.81%), Vitamin B1: 0.13mg (8.67%), Vitamin B5: 0.78mg (7.76%), Magnesium: 30.32mg (7.58%),
Phosphorus: 62.29mg (6.23%), Vitamin C: 4.65mg (5.64%), Vitamin B2: 0.09mg (5.45%), Iron: 0.93mg (5.17%),
Folate: 19.38µg (4.84%), Calcium: 42.11mg (4.21%), Vitamin B3: 0.81mg (4.05%), Vitamin E: 0.54mg (3.61%), Vitamin
K: 3.46µg (3.29%), Zinc: 0.48mg (3.18%), Selenium: 2.13µg (3.04%)