



Sweet Potato-Carrot Casserole

 Gluten Free

READY IN



220 min.

SERVINGS



10

CALORIES



420 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup butter
- ☐ 1.5 pounds carrots sliced
- ☐ 0.5 teaspoon nutmeg
- ☐ 1 teaspoon lemon zest
- ☐ 1.5 cups marshmallows miniature
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 1 cup cream sour

- ☐ 1 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 5 lb sweet potatoes and into

Equipment

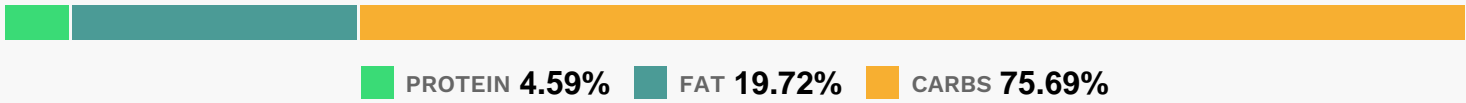
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Bake sweet potatoes on an aluminum foil-lined 15- x 10-inch jelly-roll pan 1 hour or until tender. Reduce oven temperature to 35
- ☐ Cool potatoes 30 minutes.
- ☐ Meanwhile, cook carrots in boiling water to cover 20 to 25 minutes or until very tender; drain.
- ☐ Process carrots and butter in a food processor until smooth, stopping to scrape down sides as needed.
- ☐ Transfer carrot mixture to a large bowl.
- ☐ Peel and cube sweet potatoes. Process, in batches, in food processor until smooth, stopping to scrape down sides as needed.
- ☐ Add sweet potatoes to carrot mixture. Stir in sour cream and next 5 ingredients, stirring until blended. Spoon mixture into a lightly greased 13- x 9-inch baking dish.
- ☐ Bake at 350 for 30 minutes or until thoroughly heated.
- ☐ Remove from oven.
- ☐ Sprinkle with marshmallows.
- ☐ Bake 10 more minutes or until marshmallows are golden brown.
- ☐ Remove from oven, and sprinkle with Sugar-and-Spice Pecans.

- ☐
- Note: To make ahead, prepare recipe as directed through Step 4; cover and chill up to 24 hours.
- ☐
- Remove from refrigerator, and let stand 30 minutes. Proceed with recipe as directed in Step

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:44.04, Inflammation Score:-10, Nutrition Score:17.996086908423%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 420.13kcal (21.01%), Fat: 9.47g (14.57%), Saturated Fat: 5.33g (33.34%), Carbohydrates: 81.77g (27.26%), Net Carbohydrates: 72.99g (26.54%), Sugar: 40.21g (44.67%), Cholesterol: 25.77mg (8.59%), Sodium: 337.85mg (14.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.91%), Vitamin A: 43828IU (876.56%), Fiber: 8.78g (35.14%), Manganese: 0.7mg (35.12%), Potassium: 1014.99mg (29%), Vitamin B6: 0.58mg (28.93%), Vitamin B5: 2.09mg (20.86%), Copper: 0.39mg (19.43%), Magnesium: 67.81mg (16.95%), Vitamin B1: 0.23mg (15.16%), Phosphorus: 150.24mg (15.02%), Vitamin K: 13.97µg (13.3%), Vitamin B2: 0.22mg (13.12%), Vitamin C: 9.93mg (12.03%), Calcium: 116.5mg (11.65%), Folate: 39.62µg (9.9%), Vitamin B3: 1.96mg (9.82%), Iron: 1.65mg (9.16%), Vitamin E: 1.26mg (8.4%), Zinc: 0.93mg (6.23%), Selenium: 2.61µg (3.72%)