



WHATSheATE



## Sweet Potato Casserole



Vegetarian



Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



401 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 cup apricots dried diced
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 2 tablespoons butter cut into pea-sized pieces
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 tablespoon honey
- ☐ 0.5 cup milk
- ☐ 0.5 cup oatmeal
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 1 orange zest juiced
- ☐ 2.5 pounds sweet potatoes ( 3)
- ☐ 0.5 cup walnuts chopped

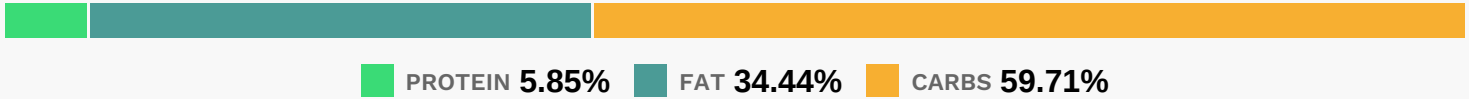
## Equipment

- ☐ food processor
- ☐ oven
- ☐ casserole dish
- ☐ potato masher

## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Put the sweet potatoes on a sheet tray and roast for 35 to 40 minutes. The sweet potatoes might still be a little hard in the center- no problem!
- ☐ While the sweet potatoes are baking make the topping. In a food processor, combine the oatmeal, brown sugar, olive oil, butter, and walnuts and pulse until mixture comes together.
- ☐ When the potatoes are cool enough to handle, peel them and cut them into 1-inch chunks. Discard the skins.
- ☐ Put the potatoes into a large dish and add the remaining ingredients. Mash together with a potato masher until well combined.
- ☐ Transfer the mixture to a 2-quart casserole dish. Crumble the topping mixture over the potatoes.
- ☐ Bake until the mixture hot all the way through and the topping is brown and crispy, about 30 minutes.
- ☐ That's a hot sweet potato!

## Nutrition Facts



## Properties

Glycemic Index:52.86, Glycemic Load:23.99, Inflammation Score:-10, Nutrition Score:18.20173917646%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 401.37kcal (20.07%), Fat: 15.91g (24.48%), Saturated Fat: 4.12g (25.73%), Carbohydrates: 62.07g (20.69%), Net Carbohydrates: 54.23g (19.72%), Sugar: 26.75g (29.72%), Cholesterol: 12.47mg (4.16%), Sodium: 146.63mg (6.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.16%), Vitamin A: 27364.3IU (547.29%), Manganese: 1.03mg (51.32%), Fiber: 7.84g (31.36%), Copper: 0.5mg (25.03%), Potassium: 870.55mg (24.87%), Vitamin B6: 0.49mg (24.25%), Magnesium: 75.44mg (18.86%), Vitamin B5: 1.79mg (17.9%), Phosphorus: 168.02mg (16.8%), Vitamin B1: 0.21mg (14.08%), Vitamin E: 1.85mg (12.32%), Calcium: 114.52mg (11.45%), Iron: 2.05mg (11.39%), Vitamin B2: 0.17mg (10.23%), Vitamin C: 7.52mg (9.12%), Folate: 33.52µg (8.38%), Zinc: 1.21mg (8.09%), Vitamin B3: 1.55mg (7.73%), Vitamin K: 7.36µg (7.01%), Selenium: 3.5µg (5%), Vitamin B12: 0.12µg (1.96%), Vitamin D: 0.22µg (1.49%)