



Sweet Potato Casserole



Vegetarian



Gluten Free

Image not found or type unknown

READY IN

ready

Image not found or type unknown

95 min.

SERVINGS

servings

Image not found or type unknown

6

CALORIES

calories

Image not found or type unknown

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

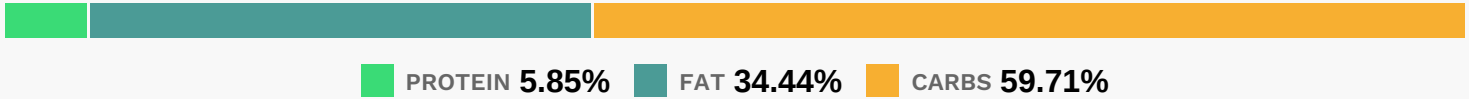
Equipment

- ☐ 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%)