

SIDE DISH

Sweet Potato Casserole

3 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	12	\$0.61	263 kcal



Sweet Potato Casserole is an American side dish. One serving contains 309 calories, 3g of protein, and 9g of fat. This recipe serves 12 and costs 61 cents per serving. It can be enjoyed any time, but it is especially good for Thanksgiving. This recipe is liked by 1 foodies and cooks.

Ingredients

☐ 2/3 cup packed brown sugar	☐ 2 tablespoons melted butter
☐ 3 tablespoons butter, melted	☐ 2 large eggs
☐ 1/3 cup 1.5 ounces all-purpose flour (about	☐ ¾ cup granulated sugar
☐ ¼ cup evaporated low-fat milk	☐ ½ cup chopped pecans
☐ 0.1 teaspoon salt	☐ ½ teaspoon salt
☐ 2 pounds sweet potatoes, peeled and chopped	☐ 1 teaspoon vanilla extract

EQUIPMENT Bowl, Oven, Knife, Whisk, Blender, Baking pan, Broiler, Measuring cup, Dutch oven

Method

- 1 Preheat oven to 35
- 2 To prepare potatoes, place potatoes in a Dutch oven; cover with water. Bring to a boil. Reduce heat, and simmer 20 minutes or until tender; drain. Cool 5 minutes.
- 3 Place potatoes in a large bowl; add granulated sugar, evaporated milk, 3 tablespoons melted butter, 1/2 teaspoon salt, and vanilla. Beat with a mixer at medium speed until smooth.
- 4 Add eggs; beat well.
- 5 Pour potato mixture into a 13 x 9inch baking pan coated with cooking spray.
- 6 To prepare topping, weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- 7 Combine flour, brown sugar, and 1/8 teaspoon salt; stir with a whisk. Stir in 2 tablespoons melted butter.
- 8 Sprinkle flour mixture evenly over potato mixture; arrange pecans evenly over top.
- 9 Bake at 350 for 25 minutes or just until golden.
- 10 Preheat broiler (remove casserole from oven).
- 11 Broil casserole 45 seconds or until topping is bubbly.
- 12 Let stand 10 minutes before serving.

Nutrition per serving

263	3 g	9 g	44 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			3.6 g · 22% of daily needs
Fibre			2.8 g · 11% of daily needs
Sugar			28.3 g · 31% of daily needs
Sodium			222 mg · 10% of daily needs
Cholesterol			44.5 mg · 15% of daily needs
Vitamin C			1.9 mg · 2% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/sweet-potato-casserole-147426