



Sweet Potato Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



404 kcal

SIDE DISH

Ingredients

- 0.5 cup t brown sugar dark packed
- 1 teaspoon candied ginger finely chopped
- 1 tablespoon kosher salt
- 4 cups marshmallows mini
- 4 pounds sweet potatoes and into peeled cut into 1-inch cubes
- 6 tablespoons butter unsalted ()
- 0.5 cup water

Equipment

- oven
- knife
- wire rack
- baking pan
- dutch oven

Directions

- Heat the oven to broil and arrange a rack in the lower third. Melt the butter in a large pot or Dutch oven with a tightfitting lid over medium-high heat until foaming.
- Add the brown sugar, water, salt, and ground ginger (if you're using candied or crystallized ginger, it will be added later). Cook, stirring occasionally, until the mixture comes to a boil.
- Add the sweet potatoes, stir to combine, and return to a boil. Reduce the heat to medium low, cover, and simmer, stirring every few minutes, until the sweet potatoes are knife tender and starting to fall apart at the edges, about 20 to 25 minutes.
- Add the candied or crystallized ginger, if using, and stir until evenly combined.
- Transfer the sweet potatoes and any liquid to a 13-by-9-inch baking dish and spread into an even layer.
- Sprinkle the marshmallows evenly over the sweet potatoes. Broil until the marshmallows are puffed and golden brown, about 1 to 1 1/2 minutes.
- Place the dish on a wire rack and let cool for 10 minutes before serving.

Nutrition Facts



PROTEIN 3.97% **FAT 18.85%** **CARBS 77.18%**

Properties

Glycemic Index:14.81, Glycemic Load:34.8, Inflammation Score:-10, Nutrition Score:14.905652193919%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 404.06kcal (20.2%), Fat: 8.68g (13.35%), Saturated Fat: 5.45g (34.05%), Carbohydrates: 79.94g (26.65%), Net Carbohydrates: 73.11g (26.58%), Sugar: 37.69g (41.88%), Cholesterol: 22.58mg (7.53%), Sodium: 1022.63mg (44.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.23%), Vitamin A: 32437.97IU (648.76%), Manganese: 0.6mg (29.93%), Fiber: 6.83g (27.32%), Vitamin B6: 0.48mg (24.04%), Potassium: 786.54mg (22.47%), Copper: 0.38mg (18.89%), Vitamin B5: 1.85mg (18.45%), Magnesium: 58.82mg (14.7%), Vitamin B1: 0.18mg (11.85%), Phosphorus: 111.66mg (11.17%), Iron: 1.55mg (8.6%), Calcium: 83.71mg (8.37%), Vitamin B2: 0.14mg (8.36%), Vitamin C: 5.44mg (6.6%), Vitamin B3: 1.3mg (6.51%), Folate: 25.65µg (6.41%), Vitamin E: 0.83mg (5.56%), Zinc: 0.71mg (4.72%), Vitamin K: 4.82µg (4.59%), Selenium: 2.06µg (2.94%), Vitamin D: 0.16µg (1.05%)