



Sweet Potato Casserole

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



310 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black to taste
- 0.5 cup brown sugar light packed
- 0.5 cup brown sugar light packed
- 4 tablespoons butter melted ()
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 2 tablespoons juice of lemon fresh
- 0.5 teaspoon nutmeg freshly grated

- 0.5 cup orange juice fresh
- 2 teaspoons orange zest finely grated
- 0.3 teaspoon salt to taste
- 3 pounds sweet potatoes and into packed mashed (see headnote)

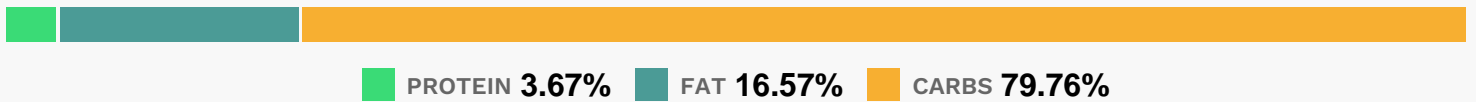
Equipment

- oven
- mixing bowl

Directions

- Preheat the oven to 350° F. Butter a 2-quart casserole and set aside.
- Combine all ingredients in a large mixing bowl, beating until smooth. Taste for salt and pepper and adjust as needed.
- Scoop into the casserole, spreading to the edge and roughing the surface.
- Bake uncovered on the middle oven shelf for about 45 minutes or until tipped with brown.
- Serve hot as an accompaniment to roast turkey, chicken, or pork. Good, too, with pork chops.
- From the book *A Love Affair with Southern Cooking: Recipes and Recollections* by Jean Anderson. Copyright © 2007 Jean Anderson. Reprinted by permission of William Morrow Cookbooks, an imprint of Harper
- Collins Publishers.

Nutrition Facts



Properties

Glycemic Index:33.38, Glycemic Load:17.75, Inflammation Score:-10, Nutrition Score:13.321304298613%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg
Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 310.44kcal (15.52%), Fat: 5.85g (9.01%), Saturated Fat: 3.67g (22.93%), Carbohydrates: 63.4g (21.13%), Net
Carbohydrates: 58.12g (21.13%), Sugar: 35.23g (39.14%), Cholesterol: 15.05mg (5.02%), Sodium: 219.2mg (9.53%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.83%), Vitamin A: 24340.61IU (486.81%), Manganese:
0.5mg (25.13%), Fiber: 5.28g (21.13%), Vitamin B6: 0.38mg (18.83%), Potassium: 649.78mg (18.57%), Vitamin C:
13.97mg (16.93%), Vitamin B5: 1.44mg (14.43%), Copper: 0.28mg (14.02%), Magnesium: 47.69mg (11.92%), Vitamin
B1: 0.15mg (9.93%), Phosphorus: 86.28mg (8.63%), Calcium: 79.52mg (7.95%), Iron: 1.3mg (7.22%), Vitamin B2:
0.11mg (6.6%), Folate: 24.86µg (6.22%), Vitamin B3: 1.06mg (5.3%), Vitamin E: 0.62mg (4.13%), Zinc: 0.54mg
(3.62%), Vitamin K: 3.69µg (3.51%), Selenium: 1.49µg (2.12%)