



Sweet Potato Casserole

READY IN



45 min.

SERVINGS



16

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.8 cup brown sugar packed
- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 2 large eggs
- ☐ 2.3 ounces flour all-purpose
- ☐ 1 cup half and half
- ☐ 1.5 cups marshmallows miniature
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.3 teaspoon salt

- ☐ 1 teaspoon salt
- ☐ 2.3 pounds sweet potatoes and into peeled chopped
- ☐ 2 teaspoons vanilla extract

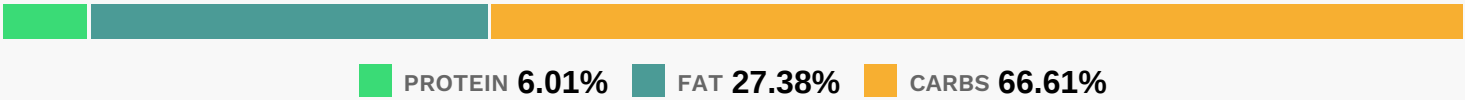
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ measuring cup
- ☐ dutch oven

Directions

- ☐ Preheat oven to 37
- ☐ To prepare potatoes, place potatoes in a Dutch oven, and cover with water. Bring to a boil. Reduce heat, and simmer 20 minutes or until very tender.
- ☐ Drain; cool slightly.
- ☐ Place potatoes in a large bowl.
- ☐ Add half-and-half, 3/4 cup sugar, 1 teaspoon salt, and vanilla. Beat with a mixer at medium speed until smooth.
- ☐ Add eggs; beat well (mixture will be thin). Scrape mixture into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ To prepare topping, sprinkle miniature marshmallows over top of casserole. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, 1/4 cup sugar, and 1/4 teaspoon salt in a medium bowl.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in pecans, and sprinkle over potato mixture and marshmallows.
- ☐ Bake at 375 for 30 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:15.84, Glycemic Load:10.85, Inflammation Score:-10, Nutrition Score:9.7113042836604%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 202.8kcal (10.14%), Fat: 6.29g (9.67%), Saturated Fat: 2.39g (14.93%), Carbohydrates: 34.41g (11.47%), Net Carbohydrates: 32.06g (11.66%), Sugar: 19.56g (21.74%), Cholesterol: 32.31mg (10.77%), Sodium: 253.84mg (11.04%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 3.1g (6.21%), Vitamin A: 9182.31IU (183.65%), Manganese: 0.36mg (17.89%), Fiber: 2.35g (9.41%), Vitamin B6: 0.17mg (8.32%), Potassium: 281.5mg (8.04%), Copper: 0.16mg (8.02%), Vitamin B1: 0.11mg (7.38%), Vitamin B2: 0.12mg (7.18%), Phosphorus: 71.84mg (7.18%), Vitamin B5: 0.72mg (7.17%), Selenium: 4.53µg (6.47%), Magnesium: 24.64mg (6.16%), Calcium: 53.94mg (5.39%), Iron: 0.89mg (4.93%), Folate: 18.69µg (4.67%), Zinc: 0.52mg (3.48%), Vitamin B3: 0.67mg (3.37%), Vitamin E: 0.36mg (2.4%), Vitamin C: 1.7mg (2.07%), Vitamin K: 1.62µg (1.54%), Vitamin B12: 0.09µg (1.46%)