



Sweet Potato Casserole



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



258 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black to taste
- ☐ 0.5 cup firmly 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 or freshly grated
- ☐ 0.5 cup orange juice fresh

- ☐ 2 teaspoons orange zest finely grated
- ☐ 0.3 teaspoon salt to taste
- ☐ 3 pounds firmly unseasoned sweet potatoes 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:13.139130377899%

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 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: 258.19kcal (12.91%), Fat: 5.85g (9.01%), Saturated Fat: 3.67g (22.93%), Carbohydrates: 49.91g (16.64%),
Net Carbohydrates: 44.63g (16.23%), Sugar: 21.89g (24.32%), Cholesterol: 15.05mg (5.02%), Sodium: 215.35mg
(9.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Vitamin A: 24340.61IU (486.81%),
Manganese: 0.49mg (24.69%), Fiber: 5.28g (21.13%), Vitamin B6: 0.37mg (18.55%), Potassium: 631.49mg (18.04%),
Vitamin C: 13.97mg (16.93%), Vitamin B5: 1.42mg (14.25%), Copper: 0.27mg (13.69%), Magnesium: 46.45mg (11.61%),
Vitamin B1: 0.15mg (9.93%), Phosphorus: 85.73mg (8.57%), Calcium: 68.11mg (6.81%), Iron: 1.2mg (6.68%), Vitamin
B2: 0.11mg (6.6%), Folate: 24.73µg (6.18%), Vitamin B3: 1.04mg (5.22%), Vitamin E: 0.62mg (4.13%), Zinc: 0.54mg
(3.59%), Vitamin K: 3.69µg (3.51%), Selenium: 1.32µg (1.89%)