



WHATShEATE



Sweet Potato Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



334 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup firmly brown sugar dark packed
- ☐ 0.3 cup butter melted
- ☐ 0.3 cup egg substitute
- ☐ 1 cup evaporated milk fat-free
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 tablespoons garnish: pecans diced
- ☐ 0.5 teaspoon pumpkin pie spice
- ☐ 0.3 teaspoon salt
- ☐ 3 medium size sweet potatoes

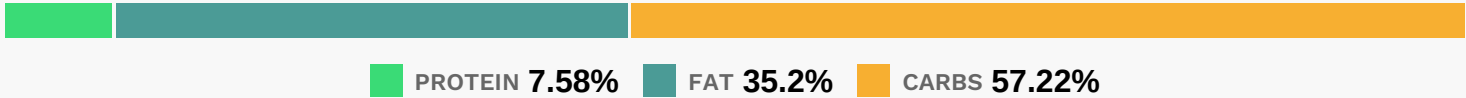
Equipment

- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ microwave

Directions

- ☐ Microwave potatoes 1 inch apart on paper towels at HIGH 12 minutes or until done, turning and rearranging after 5 minutes; cool, peel, and mash.
- ☐ Stir together potatoes and next 7 ingredients; spoon into a shallow 2-quart casserole coated with cooking spray.
- ☐ Bake at 350 for 30 minutes or until a knife inserted in center comes out clean.
- ☐ Garnish, if desired.
- ☐ *2 (14 1/2-ounce) cans mashed sweet potatoes may be substituted.

Nutrition Facts



Properties

Glycemic Index:23.83, Glycemic Load:13.31, Inflammation Score:-10, Nutrition Score:13.986521689788%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg 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: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 333.61kcal (16.68%), Fat: 13.3g (20.47%), Saturated Fat: 3.75g (23.44%), Carbohydrates: 48.66g (16.22%), Net Carbohydrates: 44.83g (16.3%), Sugar: 27.08g (30.09%), Cholesterol: 12.18mg (4.06%), Sodium: 317.95mg (13.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.89%), Vitamin A: 16494.82IU (329.9%), Manganese: 0.51mg (25.43%), Calcium: 172.97mg (17.3%), Potassium: 576.53mg (16.47%), Phosphorus: 161.96mg (16.2%), Vitamin B2: 0.27mg (15.7%), Fiber: 3.84g (15.34%), Vitamin B6: 0.29mg (14.41%), Vitamin B5: 1.42mg (14.15%), Copper: 0.23mg (11.72%), Magnesium: 46.85mg (11.71%), Vitamin B1: 0.17mg (11.5%), Selenium: 7.41µg (10.58%), Iron: 1.39mg (7.72%), Folate: 25.3µg (6.33%), Zinc: 0.95mg (6.32%), Vitamin E: 0.87mg (5.77%), Vitamin B3: 1.01mg (5.06%), Vitamin C: 3.65mg (4.43%), Vitamin K: 2.48µg (2.36%), Vitamin B12: 0.11µg (1.84%), Vitamin D: 0.2µg (1.35%)