



Sweet Potato Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



529 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 0.5 cup butter softened
- ☐ 1 tablespoon butter melted
- ☐ 1.3 cups cornflakes cereal crushed
- ☐ 2 large eggs
- ☐ 1.5 cups marshmallows miniature
- ☐ 0.3 cup milk
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 teaspoon salt

- ☐ 1 cup sugar
- ☐ 4.5 pounds sweet potatoes
- ☐ 1 teaspoon vanilla extract

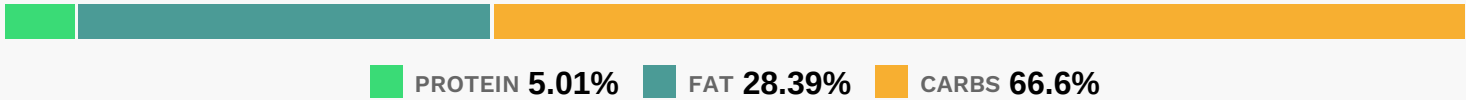
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Bake sweet potatoes at 400 for about 1 hour or until tender.
- ☐ Let cool to touch; peel and mash sweet potatoes.
- ☐ Beat mashed sweet potatoes, sugar, and next 5 ingredients at medium speed with an electric mixer until smooth. Spoon potato mixture into a greased 11- x 7-inch baking dish.
- ☐ Combine cornflakes cereal and next 3 ingredients in a small bowl.
- ☐ Sprinkle diagonally over casserole in rows 2 inches apart.
- ☐ Bake at 350 for 30 minutes.
- ☐ Remove from oven; let stand 10 minutes.
- ☐ Sprinkle alternate rows with marshmallows; bake 10 additional minutes.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:42.07, Glycemic Load:47.55, Inflammation Score:-10, Nutrition Score:19.662174007167%

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: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 528.51kcal (26.43%), Fat: 17.05g (26.24%), Saturated Fat: 8.99g (56.2%), Carbohydrates: 90g (30%), Net Carbohydrates: 81.87g (29.77%), Sugar: 43.51g (48.34%), Cholesterol: 81.68mg (27.23%), Sodium: 376.24mg (16.36%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 6.78g (13.56%), Vitamin A: 36755.7IU (735.11%), Manganese: 0.83mg (41.34%), Fiber: 8.14g (32.54%), Vitamin B6: 0.65mg (32.31%), Potassium: 917.39mg (26.21%), Vitamin B5: 2.32mg (23.21%), Copper: 0.46mg (22.79%), Vitamin B1: 0.29mg (19.36%), Magnesium: 72.73mg (18.18%), Vitamin B2: 0.31mg (17.94%), Iron: 3.17mg (17.64%), Phosphorus: 170.93mg (17.09%), Folate: 50.9µg (12.72%), Vitamin B3: 2.28mg (11.4%), Calcium: 101.23mg (10.12%), Selenium: 6.49µg (9.28%), Vitamin C: 7.08mg (8.58%), Vitamin E: 1.22mg (8.14%), Zinc: 1.18mg (7.85%), Vitamin B12: 0.4µg (6.64%), Vitamin K: 5.89µg (5.61%), Vitamin D: 0.49µg (3.28%)