



Sweet Potato Casserole



Vegetarian



Popular

READY IN



60 min.

SERVINGS



8

CALORIES



314 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 3 tablespoons butter melted
- ☐ 0.3 teaspoon cinnamon
- ☐ 2 eggs
- ☐ 0.3 cup flour
- ☐ 0.3 cup maple syrup
- ☐ 0.3 cup milk (or cream)
- ☐ 0.5 cup pecans coarsely chopped

- ☐ 0.5 teaspoon salt
- ☐ 2 pounds sweet potatoes peeled cut into 1 inch cubes
- ☐ 1 teaspoon vanilla extract

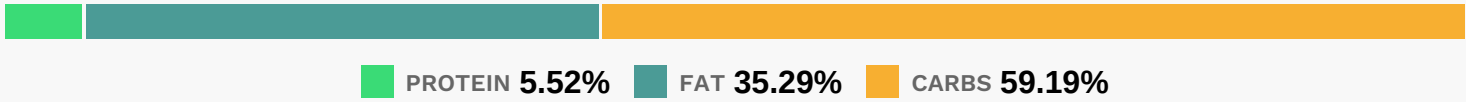
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Boil the sweet potatoes in water until tender, about 20–30 minutes, drain and mash.
- ☐ Mix in the sugar, maple syrup, milk, eggs, butter, cinnamon, vanilla and salt and pour the mixture into a baking dish.
- ☐ Mix the brown sugar, flour butter and pecans until it forms crumbs and sprinkle it on top of the sweet potatoes.
- ☐ Bake in a preheated 375F until golden brown on top, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:29.31, Glycemic Load:15.92, Inflammation Score:-10, Nutrition Score:13.809130471686%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg 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: 314.17kcal (15.71%), Fat: 12.54g (19.29%), Saturated Fat: 5.16g (32.27%), Carbohydrates: 47.33g (15.78%), Net Carbohydrates: 43.2g (15.71%), Sugar: 24.69g (27.43%), Cholesterol: 60.61mg (20.2%), Sodium: 263.98mg (11.48%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 4.41g (8.82%), Vitamin A: 16391.37IU (327.83%), Manganese: 0.85mg (42.67%), Vitamin B2: 0.29mg (17.11%), Fiber: 4.13g (16.54%), Vitamin B6: 0.28mg (13.95%), Potassium: 477.17mg (13.63%), Copper: 0.27mg (13.35%), Vitamin B5: 1.19mg (11.9%), Vitamin B1: 0.17mg (11.52%), Magnesium: 42.09mg (10.52%), Phosphorus: 102.63mg (10.26%), Selenium: 6.06µg (8.66%), Iron: 1.35mg (7.48%), Calcium: 74.42mg (7.44%), Folate: 26.75µg (6.69%), Zinc: 0.89mg (5.93%), Vitamin B3: 0.98mg (4.88%), Vitamin E: 0.69mg (4.61%), Vitamin C: 2.84mg (3.44%), Vitamin K: 2.93µg (2.79%), Vitamin D: 0.34µg (2.26%), Vitamin B12: 0.12µg (1.98%)