



WHATSheATE



Sweet Potato Casserole



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



346 kcal

SIDE DISH

Ingredients



0.5 cup brown sugar packed



2 pinches ground cinnamon



0.3 cup butter low fat



10.5 ounce marshmallows miniature



2 tablespoons orange juice



5 sweet potatoes peeled sliced

Equipment



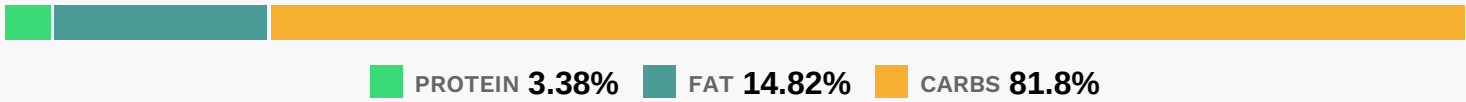
bowl

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Boil sliced sweet potatoes in water until tender.
- ☐ Drain.
- ☐ In a large bowl, blend the potatoes until creamy. Stir in the butter, brown sugar, orange juice to taste and a dash of ground cinnamon.
- ☐ Spread the sweet potato mixture into a 9x13 inch pan.
- ☐ Sprinkle the miniature marshmallows over the top and bake at 350 degrees F (175 degrees C) until golden brown.

Nutrition Facts



Properties

Glycemic Index:21.94, Glycemic Load:32.53, Inflammation Score:-10, Nutrition Score:11.393043419265%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 345.58kcal (17.28%), Fat: 5.87g (9.03%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 72.87g (24.29%), Net Carbohydrates: 68.45g (24.89%), Sugar: 41.04g (45.6%), Cholesterol: 0mg (0%), Sodium: 178.27mg (7.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.01%), Vitamin A: 20302.12IU (406.04%), Manganese: 0.42mg (21.02%), Fiber: 4.42g (17.66%), Vitamin B6: 0.3mg (15.23%), Potassium: 508.72mg (14.53%), Copper: 0.26mg (12.93%), Vitamin B5: 1.16mg (11.65%), Magnesium: 38.12mg (9.53%), Vitamin B1: 0.12mg (7.68%), Phosphorus: 72.43mg (7.24%), Vitamin C: 5.54mg (6.71%), Calcium: 60mg (6%), Iron: 1.07mg (5.97%), Vitamin B2: 0.09mg (5.33%), Folate: 17.41µg (4.35%), Vitamin B3: 0.85mg (4.26%), Vitamin E: 0.59mg (3.96%), Zinc: 0.45mg

(3%), Vitamin K: 2.62µg (2.5%), Selenium: 1.66µg (2.37%)