



Sweet Potato Casserole

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



263 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup brown sugar packed
- ☐ 2 tablespoons butter melted
- ☐ 3 tablespoons butter melted
- ☐ 2 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.3 cup evaporated milk low-fat
- ☐ 0.5 cup pecans chopped

- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds sweet potatoes peeled chopped
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ broiler
- ☐ measuring cup
- ☐ dutch oven

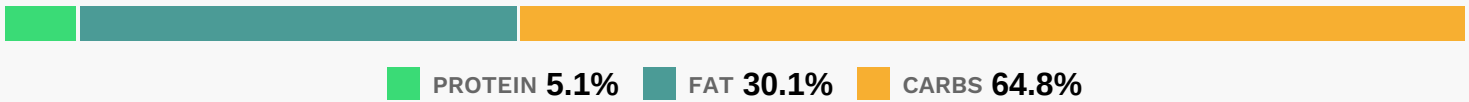
Directions

- ☐ Preheat oven to 350
- ☐ To prepare potatoes, place potatoes in a Dutch oven; cover with water. Bring to a boil. Reduce heat, and simmer 20 minutes or until tender; drain. Cool 5 minutes.
- ☐ Place potatoes in a large bowl; add granulated sugar, evaporated milk, 3 tablespoons melted butter, 1/2 teaspoon salt, and vanilla. Beat with a mixer at medium speed until smooth.
- ☐ Add eggs; beat well.
- ☐ Pour potato mixture into a 13 x 9 inch baking pan coated with cooking spray.
- ☐ To prepare topping, weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, brown sugar, and 1/8 teaspoon salt; stir with a whisk. Stir in 2 tablespoons melted butter.
- ☐ Sprinkle flour mixture evenly over potato mixture; arrange pecans evenly over top.
- ☐ Bake at 350 for 25 minutes or just until golden.

- ☐
- Preheat broiler (remove casserole from oven).

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Nutrition Facts



Properties

Glycemic Index:26.09, Glycemic Load:18.17, Inflammation Score:-10, Nutrition Score:10.247391301653%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg 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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 262.73kcal (13.14%), Fat: 8.99g (13.84%), Saturated Fat: 3.56g (22.24%), Carbohydrates: 43.57g (14.52%), Net Carbohydrates: 40.77g (14.83%), Sugar: 28.29g (31.43%), Cholesterol: 44.45mg (14.82%), Sodium: 221.93mg (9.65%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Protein: 3.43g (6.86%), Vitamin A: 10918.88IU (218.38%), Manganese: 0.43mg (21.74%), Fiber: 2.8g (11.19%), Vitamin B6: 0.19mg (9.43%), Copper: 0.19mg (9.33%), Potassium: 307.03mg (8.77%), Vitamin B5: 0.81mg (8.1%), Vitamin B1: 0.12mg (7.99%), Phosphorus: 70.27mg (7.03%), Magnesium: 27.42mg (6.85%), Selenium: 4.64µg (6.63%), Vitamin B2: 0.11mg (6.58%), Iron: 0.98mg (5.44%), Folate: 19.88µg (4.97%), Calcium: 44.27mg (4.43%), Zinc: 0.58mg (3.83%), Vitamin B3: 0.7mg (3.51%), Vitamin E: 0.49mg (3.23%), Vitamin C: 1.86mg (2.26%), Vitamin K: 1.96µg (1.87%), Vitamin B12: 0.08µg (1.4%), Vitamin D: 0.17µg (1.11%)