



Sweet Potato Casserole I

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



436 kcal

SIDE DISH

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 3 tablespoons butter
- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup milk
- ☐ 1 tablespoon orange zest grated
- ☐ 1 cup pecans chopped
- ☐ 0.5 teaspoon salt

- ☐ 3 large sweet potatoes
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

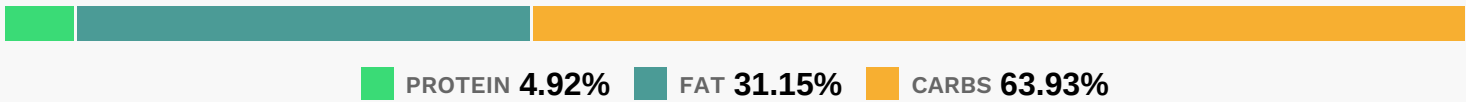
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Poke holes in the sweet potatoes with a fork, arrange the sweet potatoes on a cookie sheet. Grease an 11x7 inch glass baking dish.
- ☐ Bake sweet potatoes for 1 hour.
- ☐ Let cool, then mash in a large bowl. There should be approximately 3 2/3 cups of mashed sweet potato.
- ☐ Combine softened butter with brown sugar, nuts, coconut and flour; stir with a fork. Set aside.
- ☐ Combine sugar, eggs, milk, orange peel, butter, vanilla, salt with the mashed sweet potatoes. Beat the mixture with an electric mixer until smooth.
- ☐ Pour mixture into prepared baking dish.
- ☐ Sprinkle the brown sugar–nut mixture over the top of the mixture.
- ☐ Bake for 35 minutes.

Nutrition Facts



Properties

Glycemic Index:37.64, Glycemic Load:24.46, Inflammation Score:-10, Nutrition Score:15.683478251747%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg 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: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 435.5kcal (21.77%), Fat: 15.51g (23.87%), Saturated Fat: 4.06g (25.36%), Carbohydrates: 71.64g (23.88%), Net Carbohydrates: 66.28g (24.1%), Sugar: 45.51g (50.56%), Cholesterol: 53.12mg (17.71%), Sodium: 275.74mg (11.99%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 5.51g (11.03%), Vitamin A: 18302.16IU (366.04%), Manganese: 1mg (50.03%), Fiber: 5.35g (21.41%), Copper: 0.39mg (19.32%), Vitamin B6: 0.33mg (16.68%), Vitamin B1: 0.24mg (16.01%), Potassium: 558.17mg (15.95%), Vitamin B5: 1.4mg (14.03%), Magnesium: 54.55mg (13.64%), Phosphorus: 135.32mg (13.53%), Vitamin B2: 0.19mg (11.02%), Selenium: 7.04µg (10.05%), Iron: 1.77mg (9.82%), Calcium: 89.67mg (8.97%), Zinc: 1.23mg (8.18%), Folate: 32.38µg (8.1%), Vitamin B3: 1.23mg (6.17%), Vitamin C: 4.23mg (5.13%), Vitamin E: 0.77mg (5.12%), Vitamin K: 3.21µg (3.06%), Vitamin B12: 0.15µg (2.47%), Vitamin D: 0.3µg (2.03%)