



Sweet Potato Casserole II

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



239 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 2 eggs beaten
- 0.5 cup flour all-purpose
- 1 cup brown sugar light
- 0.3 cup milk
- 1 cup pecans chopped
- 4.5 cups sweet potatoes cooked mashed
- 0.5 teaspoon vanilla extract

1 cup sugar white

Equipment

bowl

oven

baking pan

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

In a large bowl, mix together mashed sweet potatoes, 1/2 cup butter, milk, sugar, vanilla extract, and eggs.

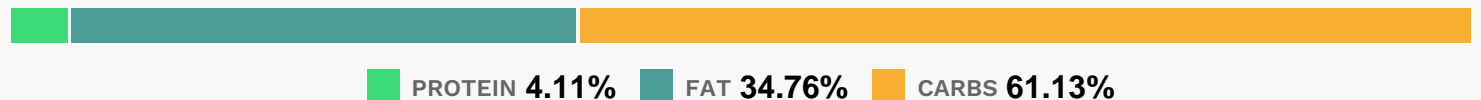
Spread sweet potato mixture into the prepared baking dish. In a small bowl, mix together brown sugar and flour.

Cut in 1/3 cup butter until mixture is crumbly, then stir in pecans.

Sprinkle pecan mixture over the sweet potatoes.

Bake for 25 minutes in the preheated oven, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:18.82, Glycemic Load:14.72, Inflammation Score:-10, Nutrition Score:9.0647826039273%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 239.02kcal (11.95%), Fat: 9.52g (14.65%), Saturated Fat: 3.13g (19.57%), Carbohydrates: 37.69g (12.56%), Net Carbohydrates: 35.81g (13.02%), Sugar: 27.94g (31.05%), Cholesterol: 31.24mg (10.41%), Sodium: 64.79mg (2.82%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Protein: 2.53g (5.06%), Vitamin A: 5466.76IU (109.34%), Manganese: 0.44mg (22.05%), Copper: 0.16mg (7.76%), Fiber: 1.88g (7.53%), Vitamin B1: 0.11mg (7.34%), Phosphorus: 58.39mg (5.84%), Vitamin B6: 0.11mg (5.62%), Selenium: 3.88µg (5.54%), Potassium: 193.24mg (5.52%), Magnesium: 21.07mg (5.27%), Vitamin B2: 0.09mg (5.13%), Vitamin B5: 0.5mg (5.02%), Iron: 0.78mg (4.35%), Folate: 15.63µg (3.91%), Calcium: 38.6mg (3.86%), Zinc: 0.55mg (3.66%), Vitamin B3: 0.55mg (2.73%), Vitamin E: 0.37mg (2.43%), Vitamin B12: 0.08µg (1.41%), Vitamin K: 1.29µg (1.23%), Vitamin C: 0.97mg (1.18%), Vitamin D: 0.17µg (1.11%)