

Sweet Potato Casserole III

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



568 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 0.3 cup butter
- ☐ 1 cup cornflakes cereal crumbled
- ☐ 2 eggs
- ☐ 0.5 cup pecans chopped
- ☐ 2 pounds sweet potatoes mashed
- ☐ 0.3 cup condensed milk sweetened
- ☐ 1.5 cups sugar white

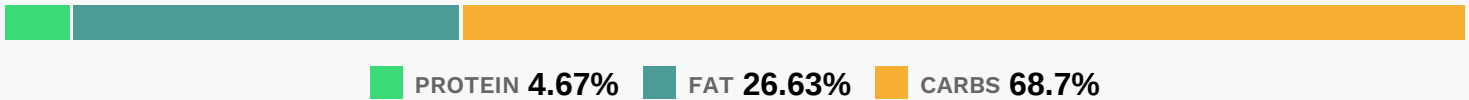
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray one 2 quart casserole dish with non-stick cooking spray.
- ☐ Combine the sweet potatoes, eggs, white sugar, 1/4 cup of the butter or margarine and the milk.
- ☐ Mix until well blended. Spoon sweet potato mixture into the prepare casserole dish.
- ☐ Bake at 350 degrees F (175 degrees C) for 15 minutes.
- ☐ Combine the crushed cornflakes, pecans, remaining 1/4 cup butter or margarine, and brown sugar to taste.
- ☐ Sprinkle over the top of the baked sweet potatoes and return to the oven and bake for another 15 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:41.52, Glycemic Load:55.6, Inflammation Score:-10, Nutrition Score:17.577391230542%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 568.12kcal (28.41%), Fat: 17.34g (26.68%), Saturated Fat: 6.85g (42.8%), Carbohydrates: 100.65g (33.55%), Net Carbohydrates: 95.09g (34.58%), Sugar: 72.15g (80.17%), Cholesterol: 80.68mg (26.89%), Sodium: 222.59mg (9.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.67%), Vitamin A: 21899.77IU (438%), Manganese: 0.82mg (40.88%), Vitamin B6: 0.46mg (22.75%), Fiber: 5.56g (22.25%), Vitamin B2: 0.33mg (19.14%), Potassium: 649.18mg (18.55%), Copper: 0.37mg (18.3%), Phosphorus: 175.54mg (17.55%), Vitamin B1: 0.26mg (17.47%), Vitamin B5: 1.67mg (16.69%), Iron: 2.86mg (15.88%), Magnesium: 57.52mg (14.38%), Selenium: 9.12µg (13.04%), Calcium: 116.19mg (11.62%), Folate: 44.4µg (11.1%), Vitamin B3: 1.84mg (9.21%), Zinc: 1.28mg (8.51%), Vitamin B12: 0.45µg (7.58%), Vitamin C: 5.15mg (6.24%), Vitamin E: 0.93mg (6.18%), Vitamin K: 3.85µg (3.66%), Vitamin D: 0.5µg (3.3%)