



Sweet Potato Casserole III



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



685 kcal

SIDE DISH

Ingredients

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

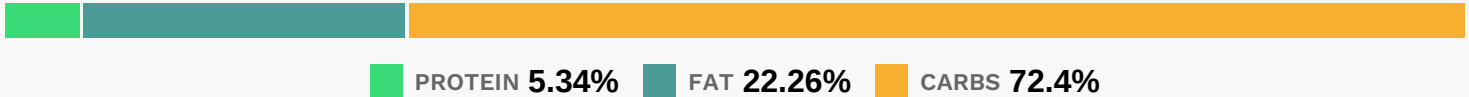
Equipment

- ☐ 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, 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:29.925217431525%

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: 684.63kcal (34.23%), Fat: 17.48g (26.89%), Saturated Fat: 6.89g (43.05%), Carbohydrates: 127.93g (42.64%), Net Carbohydrates: 121.22g (44.08%), Sugar: 73.51g (81.68%), Cholesterol: 80.68mg (26.89%), Sodium: 475.47mg (20.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.44g (18.88%), Vitamin A: 22520.67IU (450.41%), Iron: 12.89mg (71.62%), Vitamin B6: 1.08mg (53.82%), Vitamin B2: 0.85mg (50.23%), Vitamin B1: 0.73mg (48.53%), Manganese: 0.87mg (43.74%), Folate: 168.49µg (42.12%), Vitamin B3: 8.06mg (40.31%), Vitamin B12: 2.19µg (36.55%), Fiber: 6.71g (26.84%), Copper: 0.43mg (21.69%), Phosphorus: 210.92mg (21.09%), Potassium: 704.92mg (20.14%), Magnesium: 70.9mg (17.72%), Vitamin B5: 1.75mg (17.46%), Selenium: 11.99µg (17.12%), Vitamin C: 12.45mg (15.09%), Vitamin D: 1.75µg (11.65%), Calcium: 116.27mg (11.63%), Zinc: 1.62mg (10.82%), Vitamin E: 0.97mg (6.45%), Vitamin K: 3.85µg (3.66%)