



Sweet Potato Casserole V

READY IN



45 min.

SERVINGS



8

CALORIES



174 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 2 egg whites
- ☐ 0.3 cup eggnog
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons butter melted
- ☐ 0.5 teaspoon salt
- ☐ 3 cups sweet potatoes cooked mashed
- ☐ 1 teaspoon vanilla extract

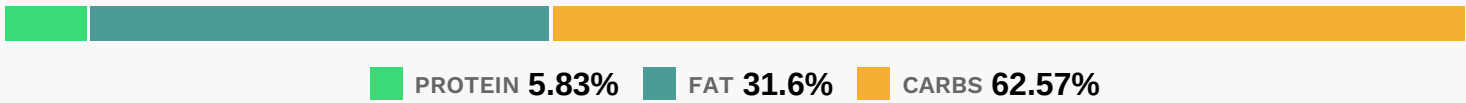
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Coat one 2 quart baking dish with non-stick cooking spray.
- ☐ Combine the mashed sweet potatoes, 1/3 cup brown sugar, eggnog, melted margarine, vanilla extract, salt and egg whites. Spoon mixture into the prepared baking dish.
- ☐ Combine the 1/2 cup brown sugar and flour.
- ☐ Cut in the chilled 2 tablespoons margarine until the mixture resembles coarse crumbs.
- ☐ Sprinkle over the sweet potato mixture.
- ☐ Bake at 350 degrees F (175 degrees C) for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:7.58, Inflammation Score:-10, Nutrition Score:8.0052173966947%

Flavonoids

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: 174.27kcal (8.71%), Fat: 6.18g (9.5%), Saturated Fat: 2.67g (16.7%), Carbohydrates: 27.51g (9.17%), Net Carbohydrates: 25.91g (9.42%), Sugar: 16.4g (18.23%), Cholesterol: 13.77mg (4.59%), Sodium: 250.42mg (10.89%), Alcohol: 0.17g (100%), Alcohol %: 0.23% (100%), Protein: 2.56g (5.13%), Vitamin A: 7310.23IU (146.2%), Manganese: 0.17mg (8.35%), Fiber: 1.6g (6.41%), Potassium: 223.31mg (6.38%), Vitamin B2: 0.11mg (6.22%), Vitamin B6: 0.12mg (5.89%), Selenium: 3.77µg (5.38%), Vitamin B5: 0.5mg (5%), Vitamin B1: 0.07mg (4.94%), Copper: 0.09mg (4.55%), Magnesium: 17.64mg (4.41%), Calcium: 43.28mg (4.33%), Phosphorus: 42.55mg (4.25%), Iron: 0.61mg (3.4%), Folate: 13.32µg (3.33%), Vitamin B3: 0.55mg (2.73%), Vitamin E: 0.34mg (2.29%), Vitamin C: 1.36mg (1.65%), Zinc: 0.24mg (1.57%), Vitamin K: 1.19µg (1.13%), Vitamin B12: 0.06µg (1.06%)