



Sweet Potato Casserole VI

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

10

CALORIES

calories

380 kcal

SIDE DISH

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 2 eggs beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup milk
- ☐ 1 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 4 cups sweet potatoes mashed

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

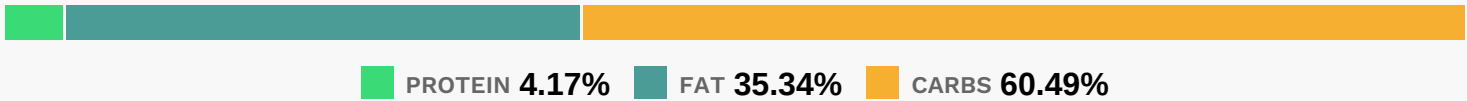
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ In a mixing bowl, combine the sweet potatoes, sugar, eggs, milk, salt, 1/3 cup butter and vanilla.
- ☐ Mix together and pour into a greased 13x9 inch baking dish.
- ☐ To prepare the topping, combine in a separate bowl the brown sugar, flour, 1/3 cup melted butter and pecans.
- ☐ Mix together and crumble over sweet potato mixture.
- ☐ Bake uncovered at 350 degrees F (175 degrees C) for 35 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:30.11, Glycemic Load:22.96, Inflammation Score:-10, Nutrition Score:11.733043530713%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 379.73kcal (18.99%), Fat: 15.36g (23.64%), Saturated Fat: 5.08g (31.78%), Carbohydrates: 59.18g (19.73%), Net Carbohydrates: 56.37g (20.5%), Sugar: 44.65g (49.61%), Cholesterol: 50.47mg (16.82%), Sodium: 217.84mg (9.47%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 4.08g (8.16%), Vitamin A: 7809.96IU (156.2%), Manganese: 0.69mg (34.47%), Copper: 0.24mg (11.94%), Vitamin B1: 0.17mg (11.55%), Fiber: 2.81g (11.24%), Phosphorus: 94.41mg (9.44%), Selenium: 6.25µg (8.92%), Vitamin B6: 0.17mg (8.43%), Potassium: 293.2mg (8.38%), Vitamin B2: 0.14mg (8.31%), Magnesium: 32.57mg (8.14%), Vitamin B5: 0.76mg (7.65%), Iron: 1.21mg (6.74%), Calcium: 64.85mg (6.49%), Folate: 24.27µg (6.07%), Zinc: 0.88mg (5.85%), Vitamin B3: 0.84mg (4.21%), Vitamin E: 0.57mg (3.79%), Vitamin B12: 0.16µg (2.62%), Vitamin D: 0.31µg (2.07%), Vitamin K: 1.95µg (1.86%), Vitamin C: 1.4mg (1.69%)