



Sweet Potato Casserole with Marshmallow Topping

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



195 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 cups marshmallows miniature
- ☐ 4.3 pounds sweet potatoes

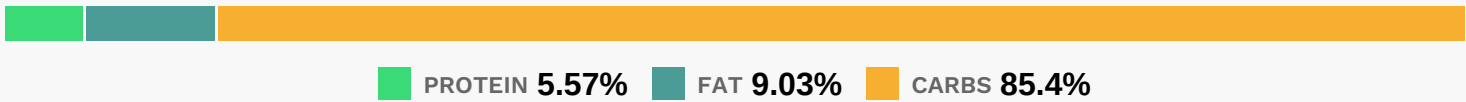
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ potato masher
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 42
- ☐ Place sweet potatoes in a shallow baking pan lined with foil.
- ☐ Bake at 425 for 1 hour or until tender. Reduce oven temperature to 35
- ☐ Peel sweet potatoes; place in a large bowl.
- ☐ Add butter and next 3 ingredients (through cinnamon); mash with a potato masher until pureed. Spoon potato mixture into a 2-quart glass or ceramic baking dish coated with cooking spray.
- ☐ Bake at 350 for 10 minutes. Top with marshmallows; bake an additional 10 minutes or until marshmallows are lightly browned.

Nutrition Facts



Properties

Glycemic Index:14.46, Glycemic Load:22.09, Inflammation Score:-10, Nutrition Score:11.66478258922%

Flavonoids

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

Nutrients (% of daily need)

Calories: 195.12kcal (9.76%), Fat: 2g (3.08%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 42.61g (14.2%), Net Carbohydrates: 37.73g (13.72%), Sugar: 13.92g (15.47%), Cholesterol: 5.02mg (1.67%), Sodium: 210.29mg (9.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.56%), Vitamin A: 22849.61IU (456.99%), Manganese: 0.46mg (22.9%), Fiber: 4.89g (19.55%), Vitamin B6: 0.34mg (16.84%), Potassium: 544.05mg (15.54%), Vitamin B5:

1.29mg (12.89%), Copper: 0.26mg (12.77%), Magnesium: 40.69mg (10.17%), Vitamin B1: 0.13mg (8.37%), Phosphorus: 77.26mg (7.73%), Vitamin B2: 0.1mg (5.83%), Iron: 1.03mg (5.74%), Calcium: 50.12mg (5.01%), Vitamin C: 3.86mg (4.68%), Vitamin B3: 0.91mg (4.57%), Folate: 17.88µg (4.47%), Zinc: 0.49mg (3.29%), Vitamin E: 0.47mg (3.16%), Vitamin K: 3.08µg (2.93%), Selenium: 1.25µg (1.78%)