



Sweet Potato Casserole with Pears and Marshmallows

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



495 kcal

SIDE DISH

Ingredients

- ☐ 2 lb bosc pear cored peeled sliced
- ☐ 3 tablespoons juice of lemon
- ☐ 2 cups marshmallows mini
- ☐ 1 cup pecans chopped
- ☐ 8 servings salt
- ☐ 4 pounds sweet potatoes and into (7 medium)
- ☐ 8 tablespoons butter unsalted melted

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ In a large pot, cover sweet potatoes with cold water.
- ☐ Add 1 Tbsp. salt. Bring to a boil over medium-high heat, then reduce heat and simmer until a knife can pierce sweet potatoes easily, 30 to 35 minutes.
- ☐ Drain potatoes, run under cold water to cool, then peel.
- ☐ Cut into 1/2-inch-thick slices. In a large bowl, toss pears with lemon juice.
- ☐ Spread pecans on a baking sheet; bake until toasted and fragrant, shaking sheet once, about 7 minutes.
- ☐ Transfer pecans to a bowl; let cool.
- ☐ Preheat oven to 350F. Grease a 9-by-13-inch baking dish.
- ☐ Layer half of sweet potato slices, overlapping, then top with half of pears, half of pecans and a pinch of salt.
- ☐ Drizzle half of butter on top. Repeat layers.
- ☐ Cover baking dish tightly with foil and bake until sweet potatoes and pears are tender, about 1 hour and 15 minutes.
- ☐ Preheat broiler.
- ☐ Sprinkle marshmallows over top of casserole and broil until marshmallows are lightly browned, about 1 minute.

Nutrition Facts

PROTEIN 4.32% FAT 37.39% CARBS 58.29%

Properties

Glycemic Index:20.66, Glycemic Load:33.76, Inflammation Score:-10, Nutrition Score:20.329130505738%

Flavonoids

Cyanidin: 3.8mg, Cyanidin: 3.8mg, Cyanidin: 3.8mg, Cyanidin: 3.8mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg Epigallocatechin: 1.44mg, Epigallocatechin: 1.44mg, Epigallocatechin: 1.44mg, Epigallocatechin: 1.44mg Epicatechin: 4.38mg, Epicatechin: 4.38mg, Epicatechin: 4.38mg, Epicatechin: 4.38mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 495.2kcal (24.76%), Fat: 21.48g (33.04%), Saturated Fat: 8.11g (50.68%), Carbohydrates: 75.32g (25.11%), Net Carbohydrates: 63.66g (23.15%), Sugar: 28.43g (31.59%), Cholesterol: 30.1mg (10.03%), Sodium: 331.26mg (14.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.16%), Vitamin A: 32561.75IU (651.23%), Manganese: 1.26mg (62.77%), Fiber: 11.66g (46.63%), Copper: 0.61mg (30.72%), Potassium: 961.53mg (27.47%), Vitamin B6: 0.54mg (26.94%), Magnesium: 82mg (20.5%), Vitamin B5: 2.01mg (20.11%), Vitamin B1: 0.28mg (18.84%), Phosphorus: 162.75mg (16.28%), Vitamin C: 12.65mg (15.33%), Vitamin B2: 0.19mg (11.25%), Iron: 1.97mg (10.94%), Vitamin K: 10.53µg (10.03%), Zinc: 1.43mg (9.55%), Folate: 37.55µg (9.39%), Calcium: 91.97mg (9.2%), Vitamin E: 1.25mg (8.33%), Vitamin B3: 1.63mg (8.13%), Selenium: 2.35µg (3.36%), Vitamin D: 0.21µg (1.4%)