




# Sweet Potato Casserole with Pecan Crumble Topping


 Vegetarian

READY IN




45 min.

SERVINGS



10

CALORIES



279 kcal

SIDE DISH

## Ingredients

- 0.5 cup brown sugar
- 0.5 cup brown sugar
- 2 tablespoons butter
- 1 eggs beaten
- 0.5 cup evaporated milk
- 0.3 cup flour
- 1 cranberry-orange relish

- 0.5 cup pecans
- 0.8 cup sugar
- 3 cups sweet potatoes and into mashed (I used 4 large)
- 0.5 teaspoon vanilla

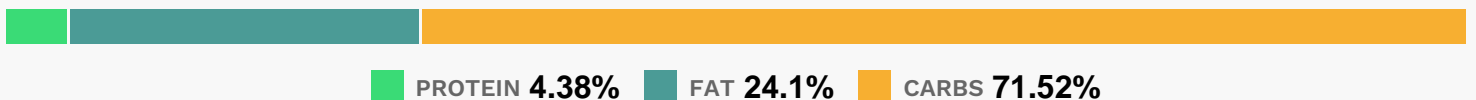
## Equipment

- bowl
- oven
- pot
- blender
- loaf pan
- wooden spoon

## Directions

- Preheat oven to 350F. In a a large pot, add sweet potatoes and fill with water until the potatoes are just covered. Bring to a boil, turn heat down and gently boil until potatoes are fork tender, about 15 minutes. In a large bowl add: beaten egg, sugar, evaporated milk, orange zest from the orange, 3 tablespoons of butter and vanilla.
- Add cooked and drained sweet potatoes to the large bowl and break up the sweet potatoes with a wooden spoon or a mixer on low speed.
- Add the freshly squeezed orange juice (about 1/4 cup) and mix until combined and potatoes are smooth. Put sweet potato mixture into a greased 9 x 5 loaf pan. For the crumb topping, mix brown sugar and flour, cut in the 2 tablespoons of butter then stir in the pecan pieces. cover the sweet potato casserole completely with the crumb topping. Decorate with pecan halves if desired.
- Bake for 25 minutes.

## Nutrition Facts



## Properties

Glycemic Index:30.56, Glycemic Load:17.28, Inflammation Score:-10, Nutrition Score:9.9921739130435%

## Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg 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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Taste

Sweetness: 100%, Saltiness: 4.11%, Sourness: 7.9%, Bitterness: 4.11%, Savoriness: 3.17%, Fattiness: 19.06%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 278.6kcal (13.93%), Fat: 7.69g (11.83%), Saturated Fat: 2.51g (15.67%), Carbohydrates: 51.36g (17.12%), Net Carbohydrates: 49.21g (17.89%), Sugar: 40.74g (45.27%), Cholesterol: 26.04mg (8.68%), Sodium: 65.96mg (2.87%), Protein: 3.14g (6.29%), Vitamin A: 5816.99IU (116.34%), Manganese: 0.4mg (19.85%), Vitamin C: 8.23mg (9.97%), Fiber: 2.15g (8.59%), Vitamin B1: 0.12mg (7.94%), Copper: 0.15mg (7.71%), Calcium: 76.1mg (7.61%), Phosphorus: 76.04mg (7.6%), Potassium: 259.76mg (7.42%), Vitamin B2: 0.12mg (7.13%), Vitamin B6: 0.13mg (6.37%), Magnesium: 24.41mg (6.1%), Vitamin B5: 0.6mg (5.97%), Selenium: 3.95µg (5.64%), Folate: 20.52µg (5.13%), Iron: 0.85mg (4.74%), Zinc: 0.57mg (3.8%), Vitamin B3: 0.62mg (3.11%), Vitamin E: 0.34mg (2.25%), Vitamin K: 1.21µg (1.15%), Vitamin B12: 0.06µg (1.07%)