



WHATSheATE



Sweet Potato Casserole with Pecan Topping



Vegetarian

READY IN



255 min.

SERVINGS



8

CALORIES



552 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup brown sugar light packed
- ☐ 0.3 cup butter melted
- ☐ 2 tablespoons butter melted
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg

- ☐ 0.3 cup cup heavy whipping cream
- ☐ 3 tablespoons brown sugar light
- ☐ 0.8 cup pecans chopped
- ☐ 58 ounce sweet potatoes and into mashed drained canned (4 cups)
- ☐ 1 teaspoon vanilla extract

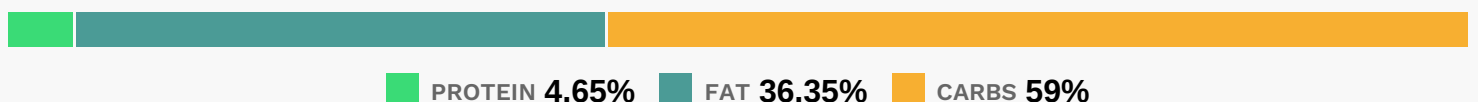
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ slow cooker

Directions

- ☐ Combine first 8 ingredients in a large bowl; beat at medium speed with an electric mixer until smooth.
- ☐ Add whipping cream; stir well.
- ☐ Pour into a lightly greased 3-quart slow cooker.
- ☐ Combine pecans and remaining 3 ingredients in a small bowl.
- ☐ Sprinkle over sweet potatoes.
- ☐ Cover and cook on HIGH 3 to 4 hours.
- ☐ Alternative to the Oven: This is a great holiday side that cooks on the countertop while your turkey and dressing fill your oven.
- ☐ * Roasted turkey
- ☐ * Cornbread dressing
- ☐ * Cranberry sauce
- ☐ * Green Bean Casserole

Nutrition Facts



Properties

Glycemic Index:48.51, Glycemic Load:31.35, Inflammation Score:-10, Nutrition Score:18.397391215615%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 551.77kcal (27.59%), Fat: 22.84g (35.14%), Saturated Fat: 10.02g (62.65%), Carbohydrates: 83.43g (27.81%), Net Carbohydrates: 76.09g (27.67%), Sugar: 46.28g (51.42%), Cholesterol: 85.57mg (28.52%), Sodium: 224.1mg (9.74%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 6.57g (13.15%), Vitamin A: 29702.37IU (594.05%), Manganese: 1.06mg (53.09%), Fiber: 7.33g (29.33%), Vitamin B6: 0.49mg (24.43%), Copper: 0.46mg (23.14%), Potassium: 803.67mg (22.96%), Vitamin B5: 2.01mg (20.15%), Vitamin B1: 0.27mg (17.76%), Magnesium: 69.57mg (17.39%), Phosphorus: 163.99mg (16.4%), Vitamin B2: 0.24mg (14.18%), Iron: 2.12mg (11.79%), Calcium: 108.46mg (10.85%), Selenium: 7.59µg (10.85%), Folate: 38.97µg (9.74%), Zinc: 1.32mg (8.78%), Vitamin E: 1.21mg (8.04%), Vitamin B3: 1.55mg (7.74%), Vitamin C: 5.11mg (6.2%), Vitamin K: 5.37µg (5.11%), Vitamin D: 0.41µg (2.72%), Vitamin B12: 0.15µg (2.49%)