



WHATSheATE

Sweet Potato Casserole with Pecans

READY IN



95 min.

SERVINGS



15

CALORIES



377 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups brown sugar
- ☐ 3 eggs beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup butter melted
- ☐ 0.8 cup milk
- ☐ 1.5 cups pecans chopped
- ☐ 0.8 teaspoon salt
- ☐ 4 sweet potatoes cut into chunks

- ☐ 1 teaspoon vanilla extract
- ☐ 1.3 cups sugar white

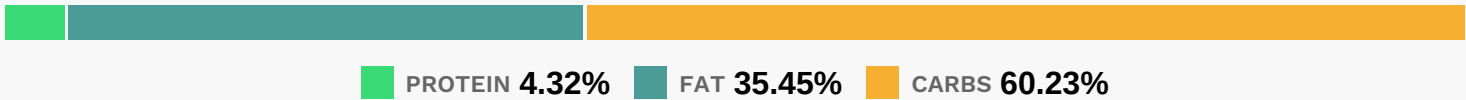
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Cover sweet potatoes with water in a large pot; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes.
- ☐ Drain and transfer potatoes to a large bowl.
- ☐ Mash potatoes with white sugar, milk, eggs, salt, vanilla extract, and cinnamon.
- ☐ Spread mixture in prepared baking dish.
- ☐ Mix brown sugar, pecans, and flour in another bowl.
- ☐ Pour margarine over pecan mixture; toss until mixture resembles coarse crumbs.
- ☐ Sprinkle over potato mixture.
- ☐ Bake in preheated oven until pecan topping is hard, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:17.07, Glycemic Load:22.11, Inflammation Score:-10, Nutrition Score:12.108695553697%

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: 377.35kcal (18.87%), Fat: 15.32g (23.56%), Saturated Fat: 2.46g (15.38%), Carbohydrates: 58.54g (19.51%), Net Carbohydrates: 55.45g (20.16%), Sugar: 42.71g (47.45%), Cholesterol: 34.2mg (11.4%), Sodium: 244.41mg (10.63%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 4.2g (8.4%), Vitamin A: 8894.47IU (177.89%), Manganese: 0.73mg (36.53%), Copper: 0.25mg (12.48%), Fiber: 3.09g (12.38%), Vitamin B1: 0.18mg (11.95%), Phosphorus: 97.74mg (9.77%), Vitamin B6: 0.18mg (9.2%), Potassium: 318.71mg (9.11%), Selenium: 6.2µg (8.86%), Magnesium: 34.47mg (8.62%), Vitamin B2: 0.15mg (8.55%), Vitamin B5: 0.82mg (8.2%), Iron: 1.26mg (7.03%), Calcium: 68.73mg (6.87%), Folate: 24.9µg (6.23%), Zinc: 0.89mg (5.96%), Vitamin B3: 0.88mg (4.4%), Vitamin E: 0.65mg (4.33%), Vitamin B12: 0.15µg (2.53%), Vitamin D: 0.31µg (2.07%), Vitamin C: 1.59mg (1.92%), Vitamin K: 1.59µg (1.51%)