



## Sweet Potato Casserole With Praline Topping

READY IN



45 min.

SERVINGS



8

CALORIES



400 kcal

SIDE DISH

### Ingredients

- 0.7 cup brown sugar packed
- 1 large egg white
- 5 ounce evaporated milk fat-free canned
- 1 cup flour all-purpose
- 0.5 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.3 cup butter melted
- 0.3 cup pecans toasted chopped
- 2.5 pounds sweet potatoes peeled halved

1.5 teaspoons vanilla extract

## Equipment

bowl

oven

dutch oven

## Directions

Preheat oven to 35

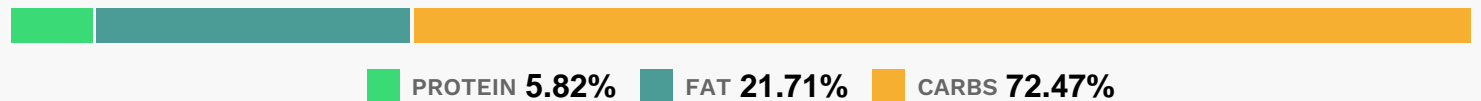
Combine first 5 ingredients in a small bowl, stirring to form a streusel. Set aside.

Place potatoes in a Dutch oven; add water to cover. Bring to a boil; cover, reduce heat, and simmer 30 minutes or until very tender.

Drain well; mash in a large bowl. Stir in 1 cup streusel, granulated sugar, vanilla, egg white, and milk. Spoon into a 2-quart casserole coated with cooking spray; top with remaining streusel.

Bake at 350 for 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:27.26, Glycemic Load:31.44, Inflammation Score:-10, Nutrition Score:14.996086928831%

## Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 399.64kcal (19.98%), Fat: 9.78g (15.04%), Saturated Fat: 2.26g (14.12%), Carbohydrates: 73.42g (24.47%), Net Carbohydrates: 68.35g (24.86%), Sugar: 38.27g (42.52%), Cholesterol: 5.14mg (1.71%), Sodium: 176.14mg (7.66%), Alcohol: 0.26g (100%), Alcohol %: 0.15% (100%), Protein: 5.9g (11.8%), Vitamin A: 20408.1IU (408.16%), Manganese: 0.66mg (33.14%), Fiber: 5.07g (20.27%), Vitamin B1: 0.26mg (17.67%), Potassium: 598.05mg (17.09%), Vitamin B6: 0.33mg (16.39%), Vitamin B2: 0.25mg (14.58%), Copper: 0.29mg (14.58%), Vitamin B5: 1.38mg (13.84%), Phosphorus: 132.01mg (13.2%), Magnesium: 49.73mg (12.43%), Folate: 46.78µg (11.69%), Calcium: 112.59mg (11.26%), Selenium: 7.81µg (11.15%), Iron: 1.86mg (10.34%), Vitamin B3: 1.82mg (9.09%), Zinc: 0.84mg (5.58%), Vitamin C: 3.8mg (4.6%), Vitamin E: 0.68mg (4.51%), Vitamin K: 2.86µg (2.73%)