



Sweet Potato Crunch Casserole

 Vegetarian

READY IN



80 min.

SERVINGS



12

CALORIES



415 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup brown sugar
- ☐ 0.3 cup butter melted
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup milk
- ☐ 1 cup pecans chopped
- ☐ 1 teaspoon salt

- ☐ 58 ounce sweet potatoes mashed drained canned
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

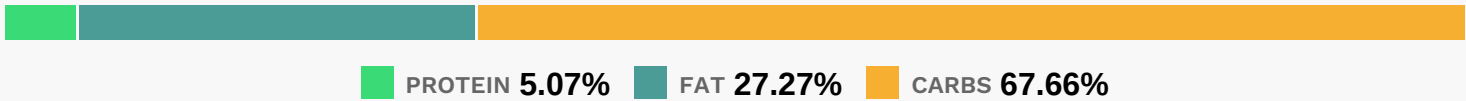
Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x9-inch casserole dish.
- ☐ Mix sweet potatoes, white sugar, 1/2 cup butter, milk, eggs, salt, vanilla extract, and cinnamon together in a bowl until smooth; spread into the prepared casserole dish.
- ☐ Stir brown sugar, pecans, and 1/3 cup butter together in a bowl.
- ☐ Mix flour into pecan mixture using your hands until evenly coated and crumbly; sprinkle over sweet potato mixture.
- ☐ Bake in the preheated oven until cooked through and praline topping is lightly browned, about 40 minutes. Cool slightly before serving, at least 25 minutes.

Nutrition Facts



Properties

Glycemic Index:25.51, Glycemic Load:31.21, Inflammation Score:-10, Nutrition Score:15.35434794426%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg 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

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: 415.32kcal (20.77%), Fat: 12.9g (19.85%), Saturated Fat: 4.26g (26.64%), Carbohydrates: 72.01g (24%), Net Carbohydrates: 66.7g (24.25%), Sugar: 41.1g (45.66%), Cholesterol: 42.06mg (14.02%), Sodium: 329.52mg (14.33%), Alcohol: 0.1g (100%), Alcohol %: 0.07% (100%), Protein: 5.4g (10.79%), Vitamin A: 19658.39IU (393.17%), Manganese: 0.86mg (43.2%), Fiber: 5.31g (21.23%), Copper: 0.35mg (17.34%), Vitamin B1: 0.26mg (17.17%), Vitamin B6: 0.34mg (16.83%), Potassium: 562.65mg (16.08%), Vitamin B5: 1.4mg (14.02%), Magnesium: 51.51mg (12.88%), Phosphorus: 127.92mg (12.79%), Vitamin B2: 0.2mg (11.77%), Selenium: 7.53µg (10.76%), Iron: 1.83mg (10.14%), Folate: 39.96µg (9.99%), Calcium: 83.53mg (8.35%), Vitamin B3: 1.53mg (7.63%), Zinc: 1.05mg (6.98%), Vitamin E: 0.72mg (4.8%), Vitamin C: 3.39mg (4.11%), Vitamin K: 3.34µg (3.18%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.26µg (1.72%)