



Sweet Potato Egnog Casserole

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



266 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter melted
- 1 cup eggnog
- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground ginger
- 2 tablespoons orange zest grated
- 0.5 cup pecans chopped
- 0.5 teaspoon salt
- 30 ounce sweet potatoes mashed canned

0.8 cup sugar white

Equipment

bowl

oven

baking pan

Directions

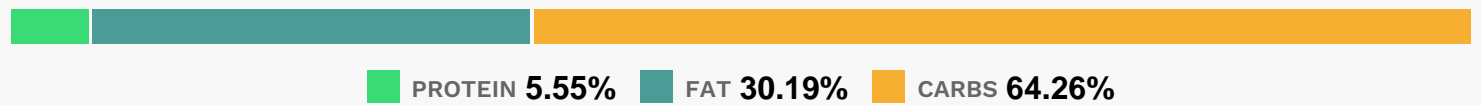
Preheat an oven to 375 degrees F (190 degrees C).

Mix sweet potatoes, eggnog, butter, sugar, salt, ginger, clove, orange zest, and pecans in a large bowl.

Pour into a 2-quart baking dish.

Bake in the preheated oven until heated through and golden on top, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:30.39, Glycemic Load:25.08, Inflammation Score:-10, Nutrition Score:12.306956529617%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 265.77kcal (13.29%), Fat: 9.2g (14.16%), Saturated Fat: 3.07g (19.17%), Carbohydrates: 44.08g (14.69%), Net Carbohydrates: 40.03g (14.56%), Sugar: 25.99g (28.88%), Cholesterol: 26.26mg (8.75%), Sodium: 243.9mg (10.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.61%), Vitamin A: 15245.42IU (304.91%),

Manganese: 0.66mg (33.14%), Fiber: 4.04g (16.16%), Vitamin B6: 0.26mg (12.81%), Potassium: 445.3mg (12.72%), Copper: 0.25mg (12.5%), Vitamin B5: 1.05mg (10.54%), Phosphorus: 104.87mg (10.49%), Magnesium: 41.69mg (10.42%), Vitamin B1: 0.14mg (9.39%), Vitamin B2: 0.14mg (8.26%), Calcium: 82.01mg (8.2%), Vitamin C: 5.14mg (6.23%), Zinc: 0.79mg (5.26%), Iron: 0.94mg (5.22%), Vitamin B3: 0.73mg (3.67%), Vitamin E: 0.53mg (3.53%), Folate: 14.1µg (3.52%), Selenium: 2.47µg (3.52%), Vitamin D: 0.38µg (2.54%), Vitamin B12: 0.15µg (2.48%), Vitamin K: 2.58µg (2.46%)