



## Sweet Potato–Jalapeño Casserole

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



268 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.3 cup butter
- 3 large jalapeno fresh finely chopped
- 8 ounces monterrey jack cheese shredded divided
- 1 teaspoon salt
- 5 pounds sweet potatoes and into

### Equipment

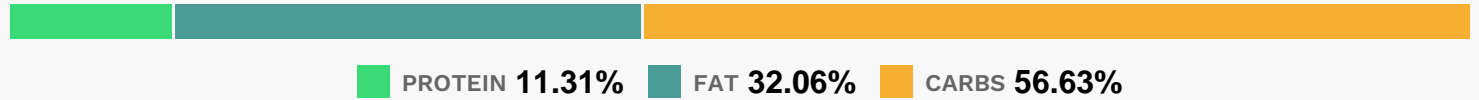
- bowl

- oven
- baking pan
- hand mixer
- broiler

## Directions

- Bake potatoes at 400 on oven rack 1 hour or until soft. Cool; remove skins.
- Place potatoes in a large bowl; add butter. Beat potatoes at medium speed with an electric mixer until mashed. Stir in jalapeos, 1 cup cheese, salt, and pepper.
- Spoon mixture into a lightly greased 9- x 13-inch or 3-quart shallow baking dish; sprinkle remaining 1 cup cheese over top.
- Bake at 400 for 30 minutes or until the edges are bubbly and the cheese is melted.
- Heat broiler. Broil casserole 3 minutes or until cheese is golden and crispy.

## Nutrition Facts



## Properties

Glycemic Index:16.58, Glycemic Load:18.85, Inflammation Score:-10, Nutrition Score:15.11391296594%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg 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: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 268.17kcal (13.41%), Fat: 9.67g (14.88%), Saturated Fat: 6.08g (37.99%), Carbohydrates: 38.44g (12.81%), Net Carbohydrates: 32.65g (11.87%), Sugar: 8.14g (9.05%), Cholesterol: 26.99mg (9%), Sodium: 441.67mg (19.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.36%), Vitamin A: 27114.69IU (542.29%), Manganese: 0.5mg (25.21%), Fiber: 5.79g (23.16%), Vitamin B6: 0.43mg (21.25%), Calcium: 199.73mg (19.97%), Potassium: 663.19mg (18.95%), Phosphorus: 174.92mg (17.49%), Vitamin B5: 1.57mg (15.69%), Copper: 0.29mg (14.72%), Magnesium: 53.12mg (13.28%), Vitamin B2: 0.19mg (11.36%), Vitamin C: 8.69mg (10.53%), Vitamin B1: 0.15mg (10.13%), Zinc: 1.14mg (7.63%), Iron: 1.31mg (7.27%), Folate: 25.29µg (6.32%), Selenium: 3.94µg (5.63%), Vitamin B3: 1.12mg (5.59%), Vitamin E: 0.78mg (5.18%), Vitamin K: 4.99µg (4.75%), Vitamin B12: 0.16µg (2.75%)