

Sweet Potato Pineapple Casserole

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



115 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.5 cup pineapple with juice crushed
- ☐ 3 sweet potatoes

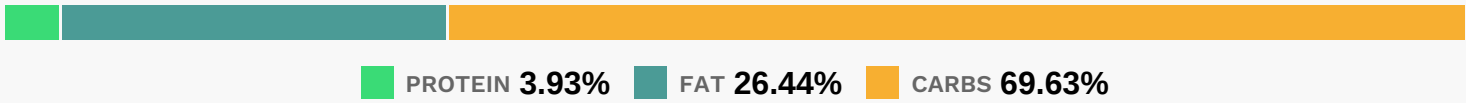
Equipment

- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- ☐ In a large soup pot, boil sweet potatoes whole until soft.
- ☐ Remove skins, and dice into bite-sized pieces.
- ☐ Mix sweet potatoes, crushed pineapple, light brown sugar, and butter in prepared baking dish.
- ☐ Bake for 45 minutes, or until casserole is mushy with no excess water in the dish.

Nutrition Facts



Properties

Glycemic Index:10.8, Glycemic Load:6.73, Inflammation Score:-10, Nutrition Score:7.6734782428197%

Flavonoids

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

Nutrients (% of daily need)

Calories: 114.75kcal (5.74%), Fat: 3.45g (5.31%), Saturated Fat: 2.17g (13.57%), Carbohydrates: 20.45g (6.82%), Net Carbohydrates: 18.3g (6.65%), Sugar: 9.46g (10.51%), Cholesterol: 9.03mg (3.01%), Sodium: 65.93mg (2.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.31%), Vitamin A: 9728.27IU (194.57%), Manganese: 0.18mg (8.92%), Fiber: 2.15g (8.61%), Vitamin B6: 0.15mg (7.54%), Potassium: 248.03mg (7.09%), Copper: 0.11mg (5.73%), Vitamin B5: 0.55mg (5.54%), Magnesium: 18.89mg (4.72%), Vitamin B1: 0.06mg (4.16%), Phosphorus: 33.73mg (3.37%), Vitamin C: 2.48mg (3%), Calcium: 27.36mg (2.74%), Iron: 0.48mg (2.66%), Vitamin B2: 0.04mg (2.63%), Vitamin B3: 0.41mg (2.06%), Folate: 8.09µg (2.02%), Vitamin E: 0.28mg (1.84%), Vitamin K: 1.58µg (1.5%), Zinc: 0.22mg (1.45%)