



Sweet Potato Souffle

 Vegetarian

READY IN



115 min.

SERVINGS



8

CALORIES



627 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup brown sugar packed
- 0.3 cup butter softened ()
- 0.5 cup butter plus more to grease pan at room temperature (1 stick)
- 2 large eggs
- 0.5 cup flour all-purpose
- 1 cup granulated sugar
- 0.5 cup milk
- 1 cup pecans finely chopped

- 1 pinch salt
- 5 medium sweet potatoes
- 1.5 teaspoons vanilla extract

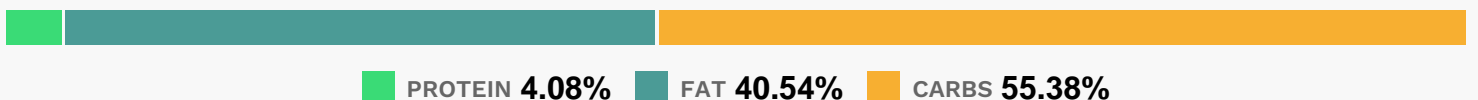
Equipment

- bowl
- baking sheet
- oven
- mixing bowl
- baking pan
- hand mixer
- aluminum foil

Directions

- Watch how to make this recipe.
- For the souffle: Preheat the oven to 350 degrees F. Grease a 2 1/2-quart baking dish with butter.
- Poke the sweet potatoes with a fork and bake on a foil-covered baking sheet until they are soft, 1 hour. When cool enough to handle, peel the potatoes, place the flesh in a large mixing bowl and mash until very smooth.
- Add the eggs, sugar, butter, vanilla, milk and salt.
- Combine well with an electric mixer or hand mixer. Turn the mixture into the baking dish.
- For the topping: In a medium bowl, stir together the pecans, brown sugar, flour and butter until thoroughly combined. Spoon the mixture over the sweet potatoes, making an even layer.
- Bake the casserole until slightly browned, 40 minutes.
- Let the casserole sit for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:43.89, Glycemic Load:36.13, Inflammation Score:-10, Nutrition Score:17.20173902097%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg 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: 626.58kcal (31.33%), Fat: 28.97g (44.57%), Saturated Fat: 12.49g (78.08%), Carbohydrates: 89.06g (29.69%), Net Carbohydrates: 83.31g (30.29%), Sugar: 58.98g (65.53%), Cholesterol: 94.08mg (31.36%), Sodium: 251.09mg (10.92%), Alcohol: 0.26g (100%), Alcohol %: 0.12% (100%), Protein: 6.56g (13.13%), Vitamin A: 20670.79IU (413.42%), Manganese: 1.06mg (52.76%), Fiber: 5.76g (23.03%), Copper: 0.41mg (20.62%), Vitamin B6: 0.37mg (18.5%), Vitamin B1: 0.28mg (18.41%), Potassium: 623.65mg (17.82%), Phosphorus: 158.97mg (15.9%), Vitamin B5: 1.59mg (15.9%), Magnesium: 59.84mg (14.96%), Vitamin B2: 0.23mg (13.73%), Selenium: 8.83µg (12.62%), Iron: 2mg (11.11%), Calcium: 107.11mg (10.71%), Folate: 39.62µg (9.91%), Zinc: 1.35mg (9%), Vitamin E: 1.2mg (7.97%), Vitamin B3: 1.48mg (7.38%), Vitamin K: 4.62µg (4.4%), Vitamin C: 3.54mg (4.29%), Vitamin B12: 0.23µg (3.83%), Vitamin D: 0.42µg (2.79%)