



Sweet Potato Soufflé

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



531 kcal

SIDE DISH

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup butter softened ()
- ☐ 2 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.5 cup milk
- ☐ 1 cup pecans finely chopped
- ☐ 1 pinch salt

- ☐ 45 ounces sweet potatoes
- ☐ 1.5 teaspoons vanilla extract

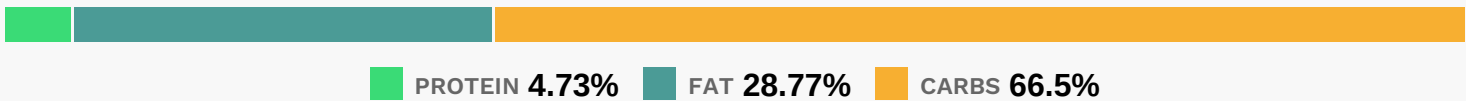
Equipment

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

Directions

- ☐ Preheat the oven to 400°F. Grease a 2 1/2-quart baking dish with butter.
- ☐ On a foil-covered baking sheet, bake the sweet potatoes for 1 hour, or until they are soft. 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.
- ☐ 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 for 30 minutes, or until slightly browned.
- ☐ Let the casserole sit for 5 minutes before serving.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:37.64, Glycemic Load:36.49, Inflammation Score:-10, Nutrition Score:17.413912990819%

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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 531.04kcal (26.55%), Fat: 17.45g (26.85%), Saturated Fat: 5.2g (32.5%), Carbohydrates: 90.73g (30.24%), Net Carbohydrates: 84.5g (30.73%), Sugar: 59.72g (66.36%), Cholesterol: 63.58mg (21.19%), Sodium: 169.83mg (7.38%), Alcohol: 0.26g (100%), Alcohol %: 0.12% (100%), Protein: 6.46g (12.92%), Vitamin A: 22900.56IU (458.01%), Manganese: 1.08mg (54.23%), Fiber: 6.23g (24.93%), Copper: 0.44mg (21.81%), Vitamin B6: 0.41mg (20.32%), Potassium: 678.85mg (19.4%), Vitamin B1: 0.27mg (17.94%), Vitamin B5: 1.71mg (17.09%), Phosphorus: 161.32mg (16.13%), Magnesium: 63.54mg (15.88%), Vitamin B2: 0.23mg (13.34%), Selenium: 7.92µg (11.31%), Iron: 1.99mg (11.04%), Calcium: 108.78mg (10.88%), Zinc: 1.37mg (9.16%), Folate: 36.43µg (9.11%), Vitamin B3: 1.42mg (7.08%), Vitamin E: 0.91mg (6.08%), Vitamin C: 3.98mg (4.82%), Vitamin K: 3.94µg (3.75%), Vitamin B12: 0.21µg (3.43%), Vitamin D: 0.42µg (2.79%)