



Sweet Potato Souffle III



Vegetarian



Popular

READY IN



80 min.

SERVINGS



8

CALORIES



554 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 cup brown sugar dark
- ☐ 2 eggs beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup milk
- ☐ 1 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 6 sweet potatoes

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

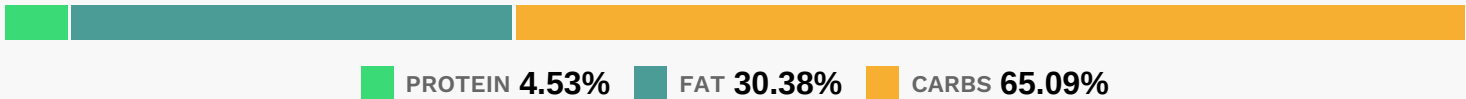
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ hand mixer
- ☐ casserole dish

Directions

- ☐ In a large stockpot, cover sweet potatoes with 1 inch of water; boil for 20 minutes, or until fork tender.
- ☐ Drain, allow to cool and remove skins.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease or butter one 2 quart casserole dish.
- ☐ Place potatoes in a mixing bowl and with an electric mixer, beat on low speed until potatoes begin to break up. Increase speed to medium high and blend until smooth.
- ☐ Reduce speed to low and add sugar, milk, butter, vanilla, eggs and salt.
- ☐ Mix well.
- ☐ Allow any potato 'fibers' to remain on the beater and remove.
- ☐ Pour sweet potato mixture into the casserole dish.
- ☐ Prepare the topping in a small bowl by whisking together the brown sugar, flour, butter and pecans.
- ☐ Sprinkle mixture over potato mixture and bake for 40 minutes.

Nutrition Facts



Properties

Glycemic Index:37.64, Glycemic Load:37.49, Inflammation Score:-10, Nutrition Score:17.762608745824%

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: 553.76kcal (27.69%), Fat: 19.23g (29.59%), Saturated Fat: 6.37g (39.81%), Carbohydrates: 92.71g (30.9%), Net Carbohydrates: 86.18g (31.34%), Sugar: 60.11g (66.79%), Cholesterol: 63.09mg (21.03%), Sodium: 328.9mg (14.3%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 6.45g (12.9%), Vitamin A: 24375.06IU (487.5%), Manganese: 1.11mg (55.49%), Fiber: 6.53g (26.13%), Copper: 0.45mg (22.51%), Vitamin B6: 0.42mg (21.24%), Potassium: 710.82mg (20.31%), Vitamin B1: 0.28mg (18.43%), Vitamin B5: 1.77mg (17.69%), Magnesium: 65.89mg (16.47%), Phosphorus: 163.61mg (16.36%), Vitamin B2: 0.23mg (13.33%), Iron: 2.02mg (11.25%), Calcium: 111.58mg (11.16%), Selenium: 7.54µg (10.77%), Zinc: 1.39mg (9.25%), Folate: 36.9µg (9.23%), Vitamin B3: 1.47mg (7.36%), Vitamin E: 0.98mg (6.51%), Vitamin C: 4.22mg (5.11%), Vitamin K: 4.28µg (4.08%), Vitamin B12: 0.2µg (3.27%), Vitamin D: 0.39µg (2.59%)