






 **1%**  
HEALTH SCORE

# The BEST Sweet Potato Casserole

 Vegetarian  Gluten Free

READY IN  
  
**40 min.**

SERVINGS  
  
**6**

CALORIES  
  
**287 kcal**

SIDE DISH

## Ingredients

- 2 eggs
- 0.5 tsp ground cinnamon
- 2 tbsp cup heavy whipping cream
- 1 cup pecans
- 0.3 tsp salt
- 2 large cans sweet potatoes and into cooked peeled
- 0.3 cup butter unsalted softened
- 1 tsp vanilla extract

0.5 cup granulated sugar white

## Equipment

oven

mixing bowl

blender

glass baking pan

## Directions

Heat your oven to 35

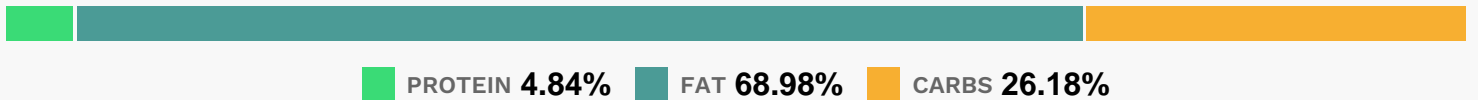
Place your sweet potatoes in a medium sized mixing bowl.

Add your salt, butter, eggs, vanilla extract, ground cinnamon, white sugar, and heavy cream.

Mix thoroughly for a minute. Step 2: Take your sugared pecans and place them in a blender. Chop up your pecans until they are small and easy to sprinkle. Step 3: Take your sweet potato mixture and place in a prepared 9 x 13 glass baking dish. Cover the top with finely chopped sugar pecans.

Bake for 30 minutes or until the topping is lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:23.85, Glycemic Load:11.74, Inflammation Score:-3, Nutrition Score:6.1013043478261%

## Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg

## Nutrients (% of daily need)

Calories: 286.81kcal (14.34%), Fat: 22.81g (35.09%), Saturated Fat: 7.49g (46.8%), Carbohydrates: 19.48g (6.49%), Net Carbohydrates: 17.77g (6.46%), Sugar: 17.6g (19.56%), Cholesterol: 80.55mg (26.85%), Sodium: 120.55mg (5.24%), Alcohol: 0.24g (1.34%), Protein: 3.6g (7.2%), Manganese: 0.79mg (39.41%), Copper: 0.21mg (10.68%), Vitamin A: 446.23IU (8.92%), Phosphorus: 80.25mg (8.03%), Selenium: 5.48µg (7.83%), Vitamin B1: 0.12mg (7.77%), Fiber: 1.71g (6.84%), Zinc: 0.96mg (6.43%), Vitamin B2: 0.11mg (6.19%), Magnesium: 22.56mg (5.64%), Vitamin E: 0.66mg (4.38%), Iron: 0.71mg (3.95%), Vitamin B5: 0.39mg (3.94%), Vitamin D: 0.52µg (3.43%), Vitamin B6: 0.06mg (3.14%), Potassium: 98.36mg (2.81%), Calcium: 27.91mg (2.79%), Folate: 11.06µg (2.76%), Vitamin B12: 0.15µg (2.58%), Vitamin K: 1.52µg (1.44%), Vitamin B3: 0.22mg (1.09%)