



Traditional Sweet Potato Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



169 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 2 cups marshmallows miniature
- ☐ 0.5 cup pecans divided finely chopped
- ☐ 1.5 teaspoons salt
- ☐ 2.5 pounds sweet potatoes peeled cut into 1-inch cubes
- ☐ 0.5 teaspoon vanilla extract

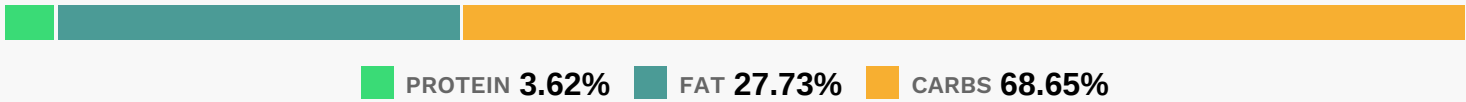
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Preheat oven to 37
- ☐ Place the sweet potatoes in a Dutch oven, and cover with cold water. Bring to a boil. Reduce heat, and simmer for 15 minutes or until very tender.
- ☐ Drain; cool slightly.
- ☐ Place potatoes in a large bowl.
- ☐ Add sugar and next 3 ingredients (through vanilla). Mash sweet potato mixture with a potato masher. Fold in 1/4 cup pecans. Scrape potato mixture into an even layer in an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Sprinkle with remaining 1/4 cup pecans; top with marshmallows.
- ☐ Bake at 375 for 25 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:11.16, Glycemic Load:10.12, Inflammation Score:-10, Nutrition Score:8.5121739108277%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg 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, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 169.34kcal (8.47%), Fat: 5.38g (8.27%), Saturated Fat: 2.05g (12.81%), Carbohydrates: 29.95g (9.98%), Net Carbohydrates: 27.49g (10%), Sugar: 16.72g (18.58%), Cholesterol: 7.63mg (2.54%), Sodium: 287.7mg (12.51%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Protein: 1.58g (3.16%), Vitamin A: 10145.41IU (202.91%), Manganese: 0.34mg (17.2%), Fiber: 2.46g (9.84%), Vitamin B6: 0.16mg (7.99%), Copper: 0.16mg (7.95%), Potassium: 267.92mg (7.65%), Vitamin B5: 0.61mg (6.14%), Magnesium: 22.98mg (5.75%), Vitamin B1: 0.08mg (5.2%), Phosphorus: 44.52mg (4.45%), Iron: 0.61mg (3.38%), Calcium: 33.39mg (3.34%), Vitamin B2: 0.05mg (2.89%), Zinc: 0.38mg (2.51%), Vitamin B3: 0.45mg (2.26%), Folate: 8.82µg (2.2%), Vitamin C: 1.74mg (2.11%), Vitamin E: 0.31mg (2.09%), Vitamin K: 1.64µg (1.56%), Selenium: 0.82µg (1.17%)