



WHATSheATE

Yummy Sweet Potato Casserole



Vegetarian



Popular

READY IN



60 min.

SERVINGS



6

CALORIES



382 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 3 tablespoons butter softened
- ☐ 2 eggs beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 4 cups sweet potatoes and into cubed

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

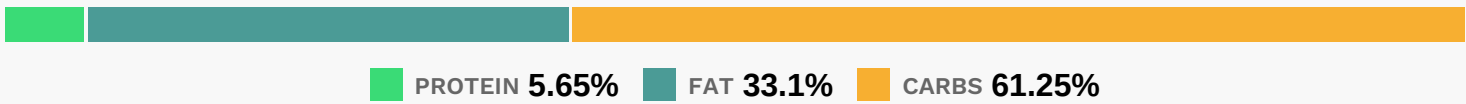
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Put sweet potatoes in a medium saucepan with water to cover. Cook over medium high heat until tender; drain and mash.
- ☐ In a large bowl, mix together the sweet potatoes, white sugar, eggs, salt, butter, milk and vanilla extract.
- ☐ Mix until smooth.
- ☐ Transfer to a 9x13 inch baking dish.
- ☐ In medium bowl, mix the brown sugar and flour.
- ☐ Cut in the butter until the mixture is coarse. Stir in the pecans.
- ☐ Sprinkle the mixture over the sweet potato mixture.
- ☐ Bake in the preheated oven 30 minutes, or until the topping is lightly brown.

Nutrition Facts



Properties

Glycemic Index:50.18, Glycemic Load:24.68, Inflammation Score:-10, Nutrition Score:13.662608613139%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin:

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Nutrients (% of daily need)

Calories: 382.45kcal (19.12%), Fat: 14.43g (22.2%), Saturated Fat: 5.02g (31.4%), Carbohydrates: 60.09g (20.03%), Net Carbohydrates: 56.37g (20.5%), Sugar: 39.58g (43.98%), Cholesterol: 72.05mg (24.02%), Sodium: 321.59mg (13.98%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 5.54g (11.08%), Vitamin A: 12871.3IU (257.43%), Manganese: 0.7mg (35.17%), Fiber: 3.72g (14.88%), Copper: 0.27mg (13.69%), Vitamin B1: 0.2mg (13.42%), Phosphorus: 126.34mg (12.63%), Vitamin B6: 0.25mg (12.63%), Selenium: 8.51µg (12.16%), Potassium: 421.15mg (12.03%), Vitamin B2: 0.2mg (11.83%), Vitamin B5: 1.15mg (11.51%), Magnesium: 40.72mg (10.18%), Calcium: 84.44mg (8.44%), Iron: 1.49mg (8.29%), Folate: 31.75µg (7.94%), Zinc: 1.01mg (6.75%), Vitamin B3: 1.07mg (5.34%), Vitamin E: 0.69mg (4.59%), Vitamin B12: 0.25µg (4.2%), Vitamin D: 0.52µg (3.45%), Vitamin C: 2.23mg (2.7%), Vitamin K: 2.53µg (2.41%)