



Yummy Yam and Pineapple Casserole

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



10

CALORIES



417 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 ounce pineapple with juice crushed canned
- 0.5 pound golden currants
- 0.5 teaspoon ground cinnamon
- 1.7 cups marshmallows miniature
- 6 large yams

Equipment

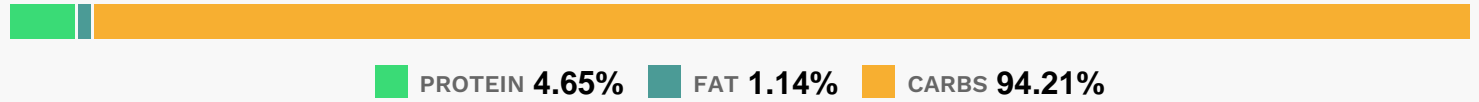
- oven
- pot

- baking pan
- casserole dish

Directions

- Cook yams in a large pot of salted water until tender, about 20 to 30 minutes. Dice the yams and place into a 9x13 inch baking dish.
- Preheat oven to 350 degrees F (175 degrees C).
- Stir pineapple, currants and cinnamon into the casserole dish.
- Sprinkle marshmallows over the casserole.
- Bake in a preheated 350 degrees F (175 degrees C) oven for 35 minutes.

Nutrition Facts



Properties

Glycemic Index:14.23, Glycemic Load:39.24, Inflammation Score:-6, Nutrition Score:19.289565086365%

Nutrients (% of daily need)

Calories: 417.09kcal (20.85%), Fat: 0.55g (0.84%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 101.63g (33.88%), Net Carbohydrates: 89.65g (32.6%), Sugar: 26.66g (29.62%), Cholesterol: 0mg (0%), Sodium: 39.56mg (1.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.04%), Potassium: 2289.63mg (65.42%), Vitamin C: 48.43mg (58.7%), Manganese: 1.12mg (56.25%), Fiber: 11.98g (47.92%), Vitamin B6: 0.84mg (42%), Copper: 0.57mg (28.66%), Vitamin B1: 0.36mg (24.33%), Magnesium: 68.12mg (17.03%), Phosphorus: 164.96mg (16.5%), Folate: 62.59µg (15.65%), Iron: 1.94mg (10.79%), Vitamin B3: 1.9mg (9.48%), Vitamin B5: 0.8mg (8.02%), Vitamin A: 387.29IU (7.75%), Vitamin B2: 0.12mg (7.21%), Calcium: 71.31mg (7.13%), Vitamin K: 6.89µg (6.56%), Vitamin E: 0.92mg (6.12%), Zinc: 0.74mg (4.93%), Selenium: 2.25µg (3.21%)