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## How many calories in sweet potato casserole

This sweet potatoes casserole recipe starts with creamy sweet potatoes puree and some simple ingredients like eggs, milk, butter, and nuts. The filling is sweetened with brown sugar, then covered with crunchy nuts and featured by soft marshmallows. This classic and addictive combination makes the dish one of our best Thanksgiving treats and a splendid dessert for National Toasted Marshmallow Day (August 30). Types of Sweet Potatoes Just like many other plants, sweet potatoes have several varieties. Sweet potatoes generally come in two types: dry-fleshed and moist-fleshed. The dry-fleshed variety has a tan skin and light flesh, almost a tan or yellow color. The flesh is similar to a traditional baked potato and separates into ‘shards’ or sections after baking. Moist-fleshed sweet potatoes have a darker red skin and a deep rich orange inside. It is these types of sweet potato which are most commonly found in the supermarket and which make the best dish. These sweet potatoes are a dessert in a shell, waiting to be baked and devoured as-is! 1. Yams vs Sweet Potatoes Yes, yams and sweet potatoes are different! It is common to mix them up and this is mainly the result of different names in different regions. Sweet potatoes are much sweeter than yams, which are more dry, starchy and neutral flavored, like white potatoes. While both are equally nutritious, the term “yam” refers to a root that is native to Africa or Asia. Their outer skin is dark, bark-like, whilst their flesh is either white or purple in color. Interestingly, most sweet potatoes in the USA are grown in North Carolina. While true sweet potatoes grow in lots of different shades, they are easily recognisable by their tapered ends. 2. Canned Sweet Potatoes Canned sweet potatoes will work just fine for this recipe and can save you time. Always choose canned varieties with no additives and no added sugar or syrup. Sweet potatoes are sweet enough on their own, and additives can burn and ruin the natural flavors of this dish. Sweet potatoes actually belong to the morning glory family while white potatoes are a member of the nightshade family. Sweet potatoes are lower in calories and are higher in beta-carotene, an antioxidant which converts to vitamin A when consumed. 1. Fiber Sweet potatoes are a good source of fiber; one medium sweet potato can provide about 3 grams of fiber. Which is great news if you want to lower the risk of type 2 diabetes, weight gain or cardiovascular disease. 2. Carbohydrates A small raw sweet potato has about 22 grams of carbohydrates. This accounts for 7 percent of the daily carbohydrates recommended for an adult. 3. Calories There are approximately 110 calories in a whole sweet potato (130 grams). A large sweet potatois around 150 calories. If you want something sweet but are concerned about calories, sweet potatoes are a great addition to your diet. However, be aware that additions such as butter, nuts and brown sugar, add additional calories of their own. 4. Potassium Sweet potatoes are a great source of potassium; one sweet potato contains 439 mg or 13 percent of the daily intake recommended for an adult. 5. Vitamins Sweet potatoes are packed with vitamins, especially vitamin A. According to USDA, a small sweet potato has more than 100 percent of the daily recommended intake. In addition, they are also rich in vitamin B5, B6, and C. The bottom line is that these colorful, versatile vegetables are packed with vitamins and offer some impressive health benefits. Easy to prepare and so tasty, you can combine them in everyday dishes from salads, soups and sides. Marshmallows are sweet, springy treats which were originally made from marshmallow roots.. Be sure to look at the sugar content and choose those with the least amount of sugar and artificial additives. 2. Pecans While this recipe lists pecans, you can make a twist and use walnuts instead. The flavor is similar and both are crunchy and nutty, which is what we want. 3. Brown Sugar Top this dish with crunchy brown sugar and make this recipe a classic holiday dish. It’s sweet, comforting, and full of flavor. 4. Honey and Cinnamon Cinnamon transforms this dish into a wonderful and aromatic masterpiece! This spice is versatile and inexpensive and goes a long way. You can also top your casserole with a creamy honey glaze which looks wonderful and tastes delicious 5. Apples If you are trying to make this sweet potatoes recipe a little healthier, add apples! Apples are a great source of vitamins, minerals, and are full of dietary fiber. Apples of any type, sweet or sour. They all make an interesting addition to the classic sweet potatoes casserole recipe. 6. White Sugar vs Brown Sugar Just like yams and sweet potatoes, there is a real difference between white and brown sugar. Baked goods with brown sugar have a more caramel texture and a darker color. White sugar adds sweetness with no change to texture or color. Measuring white sugar and brown sugar is a very different process. To measure white sugar, just pour it in the measuring cup. Because of its stickiness, brown sugar must be packed into the measuring cup, compact and with no air bubbles. Brown sugar’s stickiness is due to the high molasses content; white sugar contains no molasses. It is the molasses which makes biscuits, brownies and cookies sweetened with brown sugar a chewier, softer texture. So, if you want your dessert to be a sweet gift from heaven, use brown sugar! Not only is it a sweetener, it makes chewier baked goods more satisfying. For more delicious recipes, check out our healthy casserole roundup or delicious dessert recipes. How to Make Sweet Potatoes Casserole Preheat the oven Make the filling Pour the filling into the baking dish Make the topping Top the casserole Bake Layer with marshmallows Serve How Long Do Cooked Sweet Potatoes Last? Once cooked, sweet potatoes can last for a few hours at room temperature. If you keep them in an airtight container and place them in the refrigerator, they can keep for 3-5 days. Can You Freeze Cooked Sweet Potatoes? Yes, you can freeze cooked sweet potatoes. Freezing sweet potatoes is not tricky but it requires more care. First thing is not to freeze them right after baking. You need to wait until they cool to room temperature. Then put them in plastic wrap or a freezer bag and store up to 6 months. As you can see, sweet potatoes are a wonderful vegetable! Sweet, nutritious and versatile, sweet potatoes are a great addition to any diet. Try this sweet potatoes recipe or sweet potatoes gnocchi at your next special occasion. PRINT RATE Share on Facebook Share on Twitter Share on Pinterest Our sweet potatoes casserole recipe is easy to make, making it a great recipe if you are new to baking or just getting started. Preheat the oven to 350°F. In a large bowl, add sweet potato puree. Next add the milk, softened butter, cinnamon, eggs, ¼ cup of the brown sugar, granulated sugar, vanilla, and salt. Mix well. Pour mixture in a casserole or baking dish; spread into an even layer. Place flour, cold butter, the remaining brown sugar, and pecans into a bowl. Use a fork to stir ingredients together well. Sprinkle the topping over the sweet potato mixture in the baking dish. Bake for about 30 minutes until the top is golden and the mixture is warmed all the way through. Scatter mini marshmallows in a single layer on top and put back in the oven for about 5 minutes. Watch the casserole closely as marshmallows can burn quickly! Serve immediately, while still warm. I’m a health enthusiast, happy to share everything I learn or read about. This is a personal blog, and hope at some time it will grow into something big where everyone can contribute. View the full Sweet Potato Casserole Recipe & Instructions Here are the foods from our food nutrition database that were used for the nutrition calculations of this recipe. Calories per serving of Sweet Potato Casserole 51 calories of Sweet potato, cooked, baked in skin, without salt, (0.50 medium (2" dia, 5" long, raw))27 calories of Great Value Mini Marshmallows, (0.17 cup)17 calories of Brown Sugar, (1.50 tsp unpacked)13 calories of Land O Lakes Light Butter with Canola Oil, (0.25 tbsp)3 calories of Roberts Skim Milk, (0.04 cup)1 calories of Cinnamon, ground, (0.13 tsp)0 calories of Nutmeg, ground, (0.03 tsp) Photo Courtesy: The Washington Post/Getty Images Bright and creamy with plenty of honeyed richness, sweet potato casserole may be that ultimate-favorite Thanksgiving dish everyone looks forward to the most each year. They’re equally delicious as a dinner-time staple — where their indulgent sweetness is the perfect foil to savory turkey, gravy and stuffing — or a standalone dessert with their toasted blanket of gooey marshmallows. Classic candied sweet potatoes are proof positive that you really don’t need to mess with a good thing. But, because they’re so good in their traditional form, you can actually elevate them to even higher levels of deliciousness with a few key additions and adjustments. We’ve got some faster, easier and even healthier sweet potato recipes that taste just as good as (or better than!) the standard Thanksgiving version. If ingredients like marshmallows, pecans, brown sugar, orange zest, cranberries and even pineapple whet your holiday appetite, you’ll definitely want to try these recipes — you might just find a deeper appreciation for how wonderful this root vegetable can taste.Choosing Your Sweet PotatoesAs the foundation of the dish, sweet potatoes obviously have a starring role in any good casserole recipe that features them. But before you begin whipping one up, it helps to know a bit about what to look for when choosing sweet potatoes if you’re not using canned. You’ll first want to select what kind of sweet potato to work with — not all of them come in that autumnal, deep-orange hue. Cooking magazine Saveur cataloged 16 color shades of sweet potatoes ranging from white to purple to rich orange, each with its own slight variance in texture and flavor. Photo Courtesy: Picture Alliance/Getty Images The great thing about these sweet potato varieties, however, is that almost all of them are great to use in your candied casserole. Feel free to make dinner guests do a double-take when they dig into the magenta-colored goodness of a dish made with the Speckled Purple or Okinawa type of sweet potato instead of the classic Jewel, which is the most common variety in holiday casseroles. If you’re not serving regular mashed spuds with dinner, using Sweet Hannah or O’Henry sweet potatoes will still lend some of that smooth, cream-colored tastiness to your table. Keep in mind that purple sweet potatoes are often nuttier than white and orange types, which tend to fall on the sugary side of the flavor spectrum, when you’re planning your purchase. Whatever your choice, be sure the potatoes you pick are firm and without any brown or soft bruise spots. Their skins should be tight and unwrinkled, and it’s actually a better idea to choose sweet potatoes that are on the smaller side. The larger they are, the starchier and drier they can get, and that’s not the texture you want for your dish. Be sure to store the fresh sweet potatoes in a cool, dry spot — not the fridge — until you’re ready to cook with them.Best Classic Version of Candied Sweet PotatoesThis might just be the simplest sweet potato dish out there, and it comes straight out of the classic Betty Crocker Cookbook, so you know it’s withstood the test of time — it might even be what your parents or grandparents served at the table each year. And if you need that nostalgic flavor fast, the great thing about this recipe is that you can make it in under an hour with just a few ingredients from your pantry. Photo Courtesy: Betty Crocker/Betty Crocker Kitchen To pull this dish together, add six medium-sized sweet potatoes to a saucepan, cover them with water and simmer them until they’re firm but not mushy. You should be able to push a fork into them and pull it out easily. Remove them from the water and peel off their skins before slicing them into rounds that are about a quarter-inch thick. In a non-stick skillet, heat brown sugar, butter, water and a pinch of salt. Let everything melt together and combine, and then add the sliced sweet potatoes. Stir them to coat every slice in the glaze. Want to layer the flavors in this dish? You’ve got some options. You can add cranberry juice, whole cranberries or orange juice to taste. You can also omit the water in your glaze recipe and replace it with an 8-ounce can of crushed pineapple in syrup, undrained — but keep in mind you might need to cook it down longer to reduce some of the liquid.Best Candied Sweet Potatoes With a Marshmallow ToppingWhen you imagine a sweet potato casserole on your Thanksgiving table, you probably picture it with nicely browned marshmallows. When it’s done just right, the marshmallows are crisp but soft and gooey to enhance the flavors of the sweet potatoes resting below. If you prefer this oh-so-toasty casserole to traditional slices, this recipe from The Spruce Eats shows you how it’s done. Photo Courtesy: Diana Chistruga/The Spruce Eats Start by peeling and cubing sweet potatoes and setting them aside. Then, grab a sturdy ceramic dish and generously grease the bottom and sides with butter. Meanwhile, in a stovetop pan, combine brown sugar, butter, salt, cinnamon and a dash each of nutmeg and ground ginger. Warm them over medium heat until the brown sugar dissolves. Then, add in a teaspoon of vanilla. Pour the mixture over the sweet potatoes and stir. Cover the baking dish tightly with aluminum foil. Cook the potatoes for 45 minutes at 375 degrees Fahrenheit, until they become soft. Then, increase the temperature to 450 degrees Fahrenheit. While the oven’s heating up, take the sweet potatoes out, remove the foil and stir them to re-coat them in the glaze. Cover the potatoes in four cups of mini marshmallows and put them back in to bake. Remove the dish from the oven when the marshmallows are light brown and gooey.Best “Healthy” Spin on Candied Sweet PotatoesSweet potatoes don’t always have to wreck your diet. We’ve got one of the healthiest recipes available courtesy of Eating Well. You can also make them with a host of delicious and nutrient-boosted ingredients, such as this award-winning Canadian maple syrup. Photo Courtesy: Eating Well This side dish starts with about eight cups of peeled sweet potatoes cut into rounds. Begin by layering them in a glass baking dish and then setting it aside while, on the stovetop, you combine maple syrup, butter, lemon juice, salt and a dash of pepper in a bowl. Pour this liquid over the sweet potatoes and bake for 45 minutes, tossing and stirring every 15 minutes to be sure everything is cooking evenly and coated nicely. Remove the potatoes from the oven when they’re fork-tender. One of the nice things about this sweet potato recipe (and others) is that you can make it a day ahead of time. Store it covered in the refrigerator and reheat it for about 15 minutes in the oven before serving. It’s an easy way to get some of your Thanksgiving prep work done to save time on the big day.Best Gluten-Free Version of Candied Sweet PotatoesYou might be thinking to yourself, “Aren’t sweet potatoes already gluten-free?” While the vegetables themselves are, the other recipe ingredients aren’t always free from this grain protein. In fact, it’s even present sometimes in marshmallows, so it’s essential to use a recipe like this one from Clean Eating Kitchen if one of your dinner guests has a gluten allergy or celiac disease or is avoiding gluten for other reasons. Fortunately, gluten-free candied sweet potatoes are super-easy to prepare. Photo Courtesy: Clean Eating Kitchen These gluten-free sweet potatoes maximize your nutrient intake while lowering the sugar content that’s often on the higher side with this dish. To make them, simply peel and slice your potatoes into chunks and add them to an Instant Pot for no-fuss cooking. Top them with a cup of fresh orange juice, coconut sugar and sprinkles of fresh ground cinnamon and ground ginger. After a few minutes of cooking at high pressure, let the steam release naturally and serve hot.Best Fancy Twist on Candied Sweet PotatoesWhen sweet potatoes get fancy, they also get fun. Made with bourbon and served in a cast iron skillet, this version will make a delicious impression on your guests. To start this preparation from beloved chef Anthony Bourdain, peel and rough-cut three pounds of sweet potatoes, then blanch them in water for about 10 minutes until they’re barely tender. Drain them in a colander. Photo Courtesy: Food & Wine In a separate saucepan, combine butter and brown sugar with apple cider and bourbon. You can also salt the mixture to taste. Butter your cast iron pan, add the sweet potatoes and then add the sauce mixture. Coat the sweet potatoes and bake them until they’re tender. This recipe is another that’s easy to make ahead, too. Simply prep and combine all the ingredients, but instead of baking them, store them, covered, in the refrigerator overnight. The next day, let them come up to room temperature before baking them for about 40 minutes. MORE FROM SYMPTOMFIND.COM







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