

# Sweet Potato Casserole

*Sara F Patterson, Nancy F Holley & Cleo F Long  
Three Sisters Cookbook - Alexander City, AL*

*3 cups cooked and mashed sweet potatoes.  
1/2 cup margarine, melted  
1 teaspoon vanilla  
1 cup sugar  
2 eggs  
1/3 cup milk  
1 cup brown sugar  
1/2 cup flour  
1 cup pecans, chopped  
1/3 cup margarine, melted*

Preheat the oven to 350.

In a bowl, mix the sweet potatoes, margarine, vanilla, sugar, eggs and milk. Place the mixture into a baking dish.

In a bowl, mix the brown sugar, flour, pecans and 1/3 cup of margarine. Spread the topping over the casserole contents.

Bake for 25 minutes.

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Per Serving (excluding unknown items): 3598 Calories; 237g Fat (57.5% calories from fat); 25g Protein; 368g Carbohydrate; 8g Dietary Fiber; 435mg Cholesterol; 2009mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 1/2 Non-Fat Milk; 45 1/2 Fat; 22 1/2 Other Carbohydrates.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	3598
% Calories from Fat:	57.5%
% Calories from Carbohydrates:	39.8%
% Calories from Protein:	2.7%
Total Fat (g):	237g
Saturated Fat (g):	37g
Monounsaturated Fat (g):	123g
Polyunsaturated Fat (g):	65g
Cholesterol (mg):	435mg
Carbohydrate (g):	368g
Dietary Fiber (g):	8g
Protein (g):	25g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	1.8mcg
Thiamin B1 (mg):	1.0mg
Riboflavin B2 (mg):	.8mg
Folacin (mcg):	98mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	13
% Daily Value*	on on%

## Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	2

**Sodium (mg):** 2009mg  
**Potassium (mg):** 1265mg  
**Calcium (mg):** 368mg  
**Iron (mg):** 7mg  
**Zinc (mg):** 8mg  
**Vitamin C (mg):** 3mg  
**Vitamin A (i.u.):** 7426IU  
**Vitamin A (r.e.):** 1683 1/2RE

**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 45 1/2  
**Other Carbohydrates:** 22 1/2

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	3598	Calories from Fat: 2069
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### % Daily Values\*

<b>Total Fat</b>	237g	364%
Saturated Fat	37g	184%
<b>Cholesterol</b>	435mg	145%
<b>Sodium</b>	2009mg	84%
<b>Total Carbohydrates</b>	368g	123%
Dietary Fiber	8g	33%
<b>Protein</b>	25g	
<b>Vitamin A</b>		149%
<b>Vitamin C</b>		5%
<b>Calcium</b>		37%
<b>Iron</b>		39%

\* Percent Daily Values are based on a 2000 calorie diet.