

# Sweet Potato Souffle'

Paula Macri - Gattuso's Bella Cucina  
Scripps Treasure Coast Newspapers

3 cups sweet potatoes, cooked,  
drained, peeled and mashed

1 cup sugar

2 large eggs

1/3 cup butter

1/2 cup milk

1 teaspoon vanilla

1 teaspoon cinnamon

TOPPING

1/3 cup flour

1/3 stick butter, melted

1 cup brown sugar

1 cup chopped pecans

1 cup shredded coconut meat

Preheat the oven to 350 degrees.

In a large bowl, mix the sweet potatoes, sugar, eggs, butter, milk, salt, vanilla and cinnamon until well mixed.

Place the potato mixture into a buttered casserole dish.

In a mixing bowl, mix the brown sugar and melted butter until well blended. Stir in the pecans and coconut.

Spread the nut mixture on top of the potato casserole.

Bake for 35 minutes or until the top is golden and bubbly.

Per Serving (excluding unknown items): 4010 Calories; 214g Fat (46.6% calories from fat); 40g Protein; 512g Carbohydrate; 31g Dietary Fiber; 686mg Cholesterol; 1256mg Sodium. Exchanges: 10 Grain(Starch); 2 Lean Meat; 1 Fruit; 1/2 Non-Fat Milk; 40 1/2 Fat; 22 1/2 Other Carbohydrates.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	4010	Vitamin B6 (mg):	1.5mg
% Calories from Fat:	46.6%	Vitamin B12 (mcg):	1.9mcg
% Calories from Carbohydrates:	49.5%	Thiamin B1 (mg):	1.8mg
% Calories from Protein:	3.9%	Riboflavin B2 (mg):	1.7mg
Total Fat (g):	214g	Folacin (mcg):	193mcg
Saturated Fat (g):	93g	Niacin (mg):	7mg

**Monounsaturated Fat (g):** 83g  
**Polyunsaturated Fat (g):** 26g  
**Cholesterol (mg):** 686mg  
**Carbohydrate (g):** 512g  
**Dietary Fiber (g):** 31g  
**Protein (g):** 40g  
**Sodium (mg):** 1256mg  
**Potassium (mg):** 2472mg  
**Calcium (mg):** 525mg  
**Iron (mg):** 15mg  
**Zinc (mg):** 11mg  
**Vitamin C (mg):** 97mg  
**Vitamin A (i.u.):** 84076IU  
**Vitamin A (r.e.):** 9035 1/2RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 13  
**% Refuse:** n n%

## Food Exchanges

**Grain (Starch):** 10  
**Lean Meat:** 2  
**Vegetable:** 0  
**Fruit:** 1  
**Non-Fat Milk:** 1/2  
**Fat:** 40 1/2  
**Other Carbohydrates:** 22 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 4010      **Calories from Fat:** 1867

### % Daily Values\*

<b>Total Fat</b>	214g	329%
Saturated Fat	93g	464%
<b>Cholesterol</b>	686mg	229%
<b>Sodium</b>	1256mg	52%
<b>Total Carbohydrates</b>	512g	171%
Dietary Fiber	31g	122%
<b>Protein</b>	40g	
<b>Vitamin A</b>		1682%
<b>Vitamin C</b>		162%
<b>Calcium</b>		53%
<b>Iron</b>		81%

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