

Yummy Yam Casserole

Yield: 8 min
Total Time: 115 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-yam-recipe>

Ingredients:

- 4 pounds yams
- 2 eggs
- 1/4 cup brown sugar
- 2 tablespoons butter melted
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/8 teaspoon ground allspice
- 1/8 teaspoon ground nutmeg
- 6 ounces pecan halves
- 1/3 cup brown sugar
- 1/4 cup melted butter

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 75 milligrams
4. Fat: 25 grams
5. Fiber: 11 grams
6. Protein: 8 grams
7. SaturatedFat: 7 grams
8. Sodium: 400 milligrams
9. Sugar: 14 grams

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