

Whole30 Sweet Potato Casserole with Pecans (Paleo)

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-potato-recipe-whole30-for-thanksgiving>

Ingredients:

- 3 cups sweet potatoes cooked and mashed
- 2 tablespoons ghee
- 2 eggs lightly beaten
- 1 teaspoon vanilla powder Whole30-compliant, optional
- 1/2 teaspoon canela
- 1 banana ripe, mashed
- 30 cooking oil
- 1 spray coconut oil
- 1/4 cup ghee
- 1 cup pecans chopped
- 1 teaspoon canela
- 1 pinch pumpkin spice
- 1/4 cup dates diced
- 2 tablespoons coconut sugar or maple sugar if *NOT* on a Whole30

Nutrition:

1. Calories: 1490 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 105 milligrams
4. Fat: 145 grams
5. Fiber: 9 grams
6. Protein: 9 grams
7. SaturatedFat: 10 grams
8. Sodium: 90 milligrams
9. Sugar: 22 grams

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