

Sweet Potato Casserole with Pecan Topping

Yield: 14 min
Total Time: 55 min

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

Ingredients:

- 4 pounds sweet potatoes 4 lb. is about 6 large
- nonstick cooking spray
- 6 tablespoons light brown sugar packed, for potatoes
- 1/4 cup butter melted, for potatoes
- 6 tablespoons heavy cream or half-and-half
- 1/2 teaspoon ground cinnamon scant, for potatoes
- 1/2 teaspoon ground nutmeg scant
- 1/2 teaspoon salt for potatoes
- 1 pinch black pepper
- 3 large eggs beaten
- 2 cups pecans roughly chopped, 2 cups is about 8 oz.
- 1 1/2 cups all-purpose flour
- 2/3 cup light brown sugar packed, for topping
- 2 teaspoons ground cinnamon for topping
- 1/8 teaspoon salt for topping
- 1/2 cup butter melted, for topping

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 80 milligrams
4. Fat: 29 grams
5. Fiber: 7 grams
6. Protein: 7 grams
7. SaturatedFat: 10 grams
8. Sodium: 270 milligrams
9. Sugar: 22 grams

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