

Sweet Potato Casserole



Servings: 12

Nutrition Information:

17g carbohydrates
280 calories
23g fat
9g saturated fat
72mg cholesterol
147mg sodium
3g fiber
4g protein

Ingredients:

6 medium sweet potatoes
 $\frac{3}{4}$ cup butter
1 cup Splenda
3 eggs

$\frac{1}{2}$ cup 2% milk
2 $\frac{1}{4}$ tsp. vanilla
1 $\frac{1}{2}$ cups finely chopped pecans

Directions:

1. Steam sweet potatoes and remove skin.
2. Cream potatoes and butter while warm.
3. Add Splenda, eggs, milk and vanilla.
4. Spread in casserole dish and top with pecans.
5. Bake in 300-325F° F oven for 45 minutes to 1 hour or (until edges are brown).