

Slow-Cooker Sweet Potato Casserole

Ingredients

3 pounds sweet potatoes, peeled and diced (½ inch)
2 tablespoons brown sugar substitute
1 teaspoon vanilla extract
1 teaspoon salt

Spices:

½ teaspoon ground pepper
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg

½ cup mini marshmallows
½ cup toasted chopped pecans

Nutrition Facts

Servings: 12

Amount per serving

Calories **165**

% Daily Value*

Total Fat 1.9g **2%**

Saturated Fat 0.2g **1%**

Cholesterol 0mg **0%**

Sodium 205mg **9%**

Total Carbohydrate 35g **13%**

Dietary Fiber 4.9g **17%**

Total Sugars 3.3g

Protein 2g

Directions:

1. Spray slow cooker with nonstick cooking spray. Place sweet potatoes, brown sugar, vanilla, salt, pepper, cinnamon and nutmeg in a 5- to 6-quart slow cooker. Stir to coat. Cook on High for 3 hours.
2. Transfer to a serving dish. Top with marshmallows and pecans. (The heat from the sweet potatoes will partially melt the marshmallows.)