



Applesauce-Sweet Potato Bake



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



198 kcal

SIDE DISH

Ingredients

- ☐ 1 pound sweet potatoes and into (3 medium)
- ☐ 1 cup apple sauce
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup nuts chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons butter

Equipment

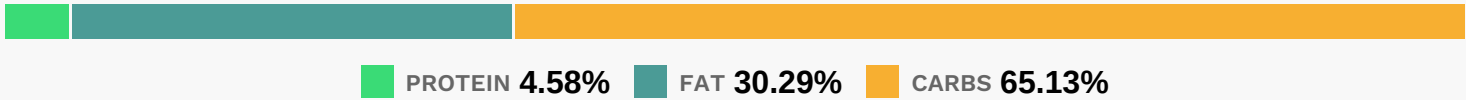
- ☐ sauce pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Place sweet potatoes in 3-quart saucepan; add enough water (salted if desired) to cover.
- ☐ Heat to boiling; reduce heat. Cover and simmer 30 to 35 minutes or until tender; drain.
- ☐ Remove skins; cut each sweet potato lengthwise in half.
- ☐ Heat oven to 375°.
- ☐ Place sweet potatoes, cut sides up, in ungreased 2-quart casserole or square baking dish, 8x8x2 inches.
- ☐ Spread applesauce over sweet potatoes.
- ☐ Mix brown sugar, nuts and cinnamon; sprinkle over applesauce. Dot with butter. Cover and bake about 30 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:15.44, Glycemic Load:7.8, Inflammation Score:-10, Nutrition Score:9.583913008156%

Flavonoids

Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 198.14kcal (9.91%), Fat: 6.92g (10.65%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 33.49g (11.16%), Net Carbohydrates: 30.15g (10.96%), Sugar: 18.84g (20.93%), Cholesterol: 0mg (0%), Sodium: 90.56mg (3.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.71%), Vitamin A: 10905.3IU (218.11%), Manganese: 0.36mg (17.92%), Fiber: 3.34g (13.38%), Copper: 0.21mg (10.41%), Potassium: 339.61mg (9.7%), Vitamin B6: 0.19mg (9.62%), Magnesium: 34.96mg (8.74%), Vitamin B5: 0.71mg (7.14%), Phosphorus: 65.33mg (6.53%), Vitamin B1: 0.08mg (5.47%), Iron: 0.88mg (4.87%), Vitamin B2: 0.07mg (4.24%), Calcium: 41.72mg (4.17%), Vitamin B3: 0.75mg (3.77%), Folate: 12.71µg (3.18%), Zinc: 0.47mg (3.16%), Vitamin C: 2.26mg (2.74%), Vitamin E: 0.41mg (2.73%),

Vitamin K: 1.62µg (1.54%), Selenium: 0.73µg (1.04%)