



WHATSheATE



Aunt Ruby's Sweet Potatoes



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



572 kcal

SIDE DISH

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 0.5 cup butter melted
- ☐ 2 eggs beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup milk
- ☐ 1 cup nuts chopped
- ☐ 1 cup sugar

- ☐ 3 cups sweet potatoes and into cooked peeled mashed
- ☐ 1 teaspoon vanilla extract

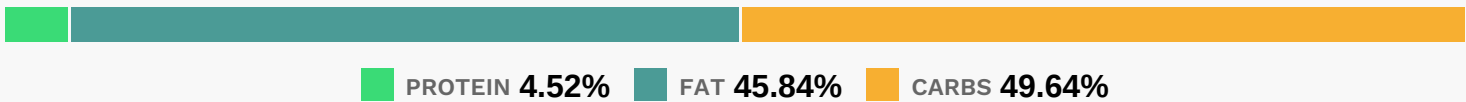
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Mix all ingredients together. Spoon into a greased 13"x9" baking pan. For Brown Sugar Topping, combine ingredients; mix well. Then sprinkle with Brown Sugar Topping.
- ☐ Bake, uncovered, at 350 degrees for 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:46.34, Glycemic Load:27.78, Inflammation Score:-10, Nutrition Score:13.243913007819%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 571.81kcal (28.59%), Fat: 29.99g (46.14%), Saturated Fat: 13.95g (87.19%), Carbohydrates: 73.07g (24.36%), Net Carbohydrates: 69.74g (25.36%), Sugar: 54.34g (60.38%), Cholesterol: 92.98mg (30.99%), Sodium: 209.27mg (9.1%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 6.66g (13.32%), Vitamin A: 7745.25IU (154.9%), Manganese: 0.55mg (27.69%), Copper: 0.34mg (16.99%), Magnesium: 60.24mg (15.06%), Phosphorus: 149.03mg (14.9%), Fiber: 3.33g (13.31%), Vitamin B2: 0.18mg (10.74%), Selenium: 7.23µg (10.33%), Potassium: 357.82mg (10.22%), Vitamin B6: 0.2mg (9.9%), Vitamin B1: 0.15mg (9.84%), Iron: 1.74mg (9.66%), Vitamin B5: 0.92mg (9.19%), Folate: 34.94µg (8.73%), Vitamin B3: 1.65mg (8.23%), Calcium: 76.2mg (7.62%), Zinc: 1.1mg (7.36%), Vitamin E: 0.8mg (5.36%), Vitamin B12: 0.19µg (3.22%), Vitamin K: 2.64µg (2.51%), Vitamin D: 0.33µg (2.21%), Vitamin C: 1.27mg (1.54%)