



Baby Sweet Potato Cakes With Sticky Caramel-Pecan Sauce

 Vegetarian

READY IN



25 min.

SERVINGS



25

CALORIES



211 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 0.3 cup buttermilk
- ☐ 25 servings caramel-pecan sauce
- ☐ 2 large eggs at room temperature
- ☐ 1.3 cups flour all-purpose divided
- ☐ 1 cup domino granulated sugar

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon mccormick gourmet collection ground ginger
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 15 oz sweet potatoes mashed drained canned
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Beat butter and sugar at medium speed with an electric mixer until smooth.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.
- ☐ Combine flour and baking soda. Gradually add half of flour mixture to butter mixture, beating at low speed until blended, and stopping to scrape bottom and down sides of bowl.
- ☐ Add remaining half of flour mixture, and beat until blended.
- ☐ Add vanilla and next 5 ingredients, beating at medium speed until smooth. Spoon batter into 12 muffin cups coated with cooking spray, filling two-thirds full.
- ☐ Bake at 350 for 15 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 5 minutes.
- ☐ Remove warm cakes from pan, and sprinkle with toasted pecans. Top each cake with 2 1/2 Tbsp. Caramel-Pecan Sauce.
- ☐ Serve with vanilla ice cream or ice-cold heavy cream, if desired.

Nutrition Facts



Properties

Glycemic Index:11.96, Glycemic Load:10.78, Inflammation Score:-9, Nutrition Score:5.3665217601735%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 210.59kcal (10.53%), Fat: 5.84g (8.98%), Saturated Fat: 2.67g (16.68%), Carbohydrates: 39.53g (13.18%), Net Carbohydrates: 38.62g (14.04%), Sugar: 31.79g (35.33%), Cholesterol: 24.99mg (8.33%), Sodium: 274.51mg (11.94%), Alcohol: 0.05g (100%), Alcohol %: 0.08% (100%), Protein: 2.25g (4.49%), Vitamin A: 2590.85IU (51.82%), Manganese: 0.23mg (11.35%), Selenium: 4.29µg (6.12%), Vitamin B1: 0.08mg (5.34%), Phosphorus: 48.22mg (4.82%), Folate: 16.77µg (4.19%), Vitamin B2: 0.07mg (4.19%), Fiber: 0.92g (3.66%), Calcium: 34.75mg (3.47%), Copper: 0.07mg (3.28%), Vitamin B5: 0.32mg (3.24%), Potassium: 111.38mg (3.18%), Iron: 0.54mg (2.98%), Magnesium: 11.29mg (2.82%), Vitamin B6: 0.05mg (2.57%), Vitamin B3: 0.5mg (2.51%), Vitamin B12: 0.13µg (2.17%), Zinc: 0.26mg (1.76%), Vitamin E: 0.25mg (1.66%)