



Baked Sweet Potatoes with Apricots and Bourbon

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



326 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.3 cup butter
- ☐ 0.5 cup apricots dried chopped
- ☐ 5 pounds jewel sweet potatoes red (sometimes sold as yams)
- ☐ 1 teaspoon vanilla

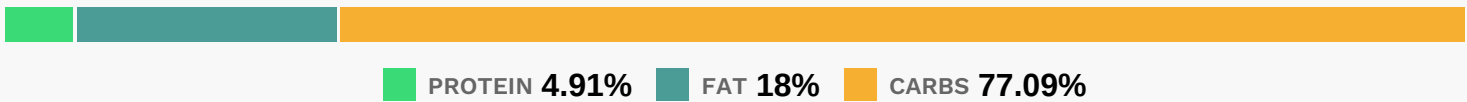
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ potato masher

Directions

- ☐ In a small bowl, pour bourbon over dried apricots.
- ☐ Scrub sweet potatoes and pierce each in several places with a fork.
- ☐ Place potatoes on oven rack or in a single layer on a baking sheet.
- ☐ Bake in a 350 oven until potatoes are soft when pierced, about 1 1/2 hours.
- ☐ Let stand until cool enough to handle, about 20 minutes.
- ☐ Peel the sweet potatoes and place in a large bowl.
- ☐ Add brown sugar, butter, and vanilla to the bowl and mash with a potato masher or a fork until mixture is only slightly chunky. Stir in apricots and bourbon. Spoon into a shallow 2 1/2-quart baking dish and spread level.
- ☐ Bake, uncovered, until hot in the center, about 30 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:15.64, Glycemic Load:23.72, Inflammation Score:-10, Nutrition Score:15.194782545385%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 326.39kcal (16.32%), Fat: 6.28g (9.67%), Saturated Fat: 3.93g (24.57%), Carbohydrates: 60.55g (20.18%), Net Carbohydrates: 53.27g (19.37%), Sugar: 23.68g (26.31%), Cholesterol: 16.27mg (5.42%), Sodium: 177.24mg (7.71%), Alcohol: 2.81g (100%), Alcohol %: 1.37% (100%), Protein: 3.86g (7.72%), Vitamin A: 32598.93IU (651.98%), Manganese: 0.61mg (30.49%), Fiber: 7.28g (29.11%), Potassium: 856.9mg (24.48%), Vitamin B6: 0.49mg (24.41%), Vitamin B5: 1.87mg (18.71%), Copper: 0.37mg (18.59%), Magnesium: 59.97mg (14.99%), Vitamin B1: 0.18mg (11.92%), Phosphorus: 113.81mg (11.38%), Iron: 1.64mg (9.11%), Vitamin B2: 0.15mg (8.61%), Calcium: 82.6mg (8.26%), Vitamin B3: 1.45mg (7.25%), Vitamin E: 1.05mg (6.98%), Vitamin C: 5.51mg (6.68%), Folate: 25.93µg (6.48%), Zinc: 0.72mg (4.8%), Vitamin K: 4.81µg (4.58%), Selenium: 1.71µg (2.44%)