



Berry Mallow Yam Bake

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 2 cups cranberries fresh
- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup butter softened
- ☐ 0.5 cup oatmeal
- ☐ 30 ounce yams drained cut into chunks canned

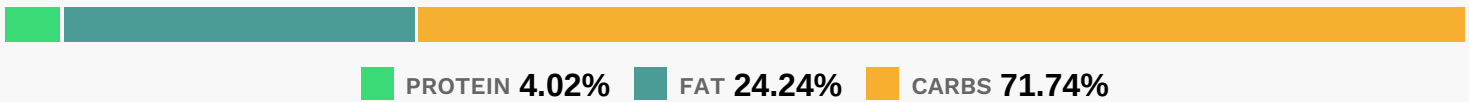
Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Toss yams and cranberries together in a bowl.
- ☐ Mix flour, brown sugar, oatmeal, margarine, and cinnamon together in a separate bowl.
- ☐ Add about half the oat mixture to the yam mixture; toss to combine and spread into a 1 1/2-quart casserole dish.
- ☐ Sprinkle remaining oat mixture over the casserole.
- ☐ Bake in preheated oven until lightly browned, about 35 minutes.

Nutrition Facts



Properties

Glycemic Index:23.73, Glycemic Load:15.41, Inflammation Score:-5, Nutrition Score:8.1991304573805%

Flavonoids

Cyanidin: 9.29mg, Cyanidin: 9.29mg, Cyanidin: 9.29mg, Cyanidin: 9.29mg Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 237.29kcal (11.86%), Fat: 6.5g (10%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 43.3g (14.43%), Net Carbohydrates: 38.62g (14.04%), Sugar: 12g (13.34%), Cholesterol: 0mg (0%), Sodium: 83.1mg (3.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.85%), Manganese: 0.56mg (28.1%), Potassium: 743.52mg (21.24%),

Vitamin C: 17.37mg (21.05%), Fiber: 4.68g (18.72%), Vitamin B6: 0.27mg (13.47%), Vitamin B1: 0.16mg (10.43%), Copper: 0.19mg (9.3%), Folate: 32.1µg (8.02%), Vitamin A: 400.62IU (8.01%), Phosphorus: 67.02mg (6.7%), Magnesium: 24.92mg (6.23%), Iron: 1mg (5.53%), Vitamin E: 0.81mg (5.43%), Selenium: 3.5µg (5%), Vitamin B3: 0.9mg (4.51%), Vitamin B5: 0.41mg (4.11%), Vitamin B2: 0.07mg (3.93%), Calcium: 31.45mg (3.14%), Vitamin K: 3.07µg (2.93%), Zinc: 0.39mg (2.6%)