



Brown Sugar Sweet Potatoes



Gluten Free



Dairy Free

READY IN



6 min.

SERVINGS



4

CALORIES



140 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon butter reduced-calorie
- ☐ 2 tablespoons orange juice
- ☐ 0.3 teaspoon salt
- ☐ 14.5 ounce sweet potatoes mashed canned

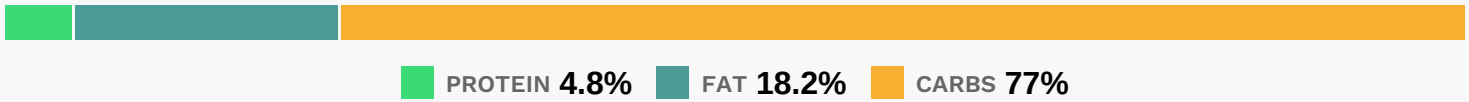
Equipment

- ☐ sauce pan

Directions

☐ Combine 1 (14 1/2-ounce) can mashed sweet potatoes, 2 tablespoons brown sugar, 1 tablespoon reduced-calorie margarine, 2 tablespoons orange juice, and 1/4 teaspoon salt in a medium saucepan. Cook over medium heat 5 minutes or until smooth and thoroughly heated, stirring often. Stir in 2 to 3 tablespoons water, if necessary.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:10.66, Inflammation Score:-10, Nutrition Score:9.3773912474837%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 140.17kcal (7.01%), Fat: 2.89g (4.44%), Saturated Fat: 0.61g (3.78%), Carbohydrates: 27.48g (9.16%), Net Carbohydrates: 24.38g (8.86%), Sugar: 10.83g (12.03%), Cholesterol: 0mg (0%), Sodium: 236.63mg (10.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Vitamin A: 14721.75IU (294.44%), Manganese: 0.27mg (13.53%), Fiber: 3.1g (12.4%), Vitamin B6: 0.22mg (11.05%), Potassium: 372.8mg (10.65%), Vitamin B5: 0.85mg (8.49%), Vitamin C: 6.72mg (8.15%), Copper: 0.16mg (8.09%), Magnesium: 27.28mg (6.82%), Vitamin B1: 0.09mg (5.88%), Phosphorus: 50.79mg (5.08%), Vitamin B2: 0.07mg (3.91%), Iron: 0.69mg (3.82%), Calcium: 37.89mg (3.79%), Folate: 13.95µg (3.49%), Vitamin B3: 0.61mg (3.07%), Vitamin E: 0.38mg (2.53%), Zinc: 0.31mg (2.1%), Vitamin K: 1.86µg (1.77%)