



Candied Sweet Potatoes

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



442 kcal

SIDE DISH

Ingredients

- 1.3 cups brown sugar
- 12 servings ground cinnamon to taste
- 12 servings nutmeg to taste
- 1.3 cups butter
- 3 cups marshmallows miniature divided
- 4 pounds sweet potatoes and into quartered

Equipment

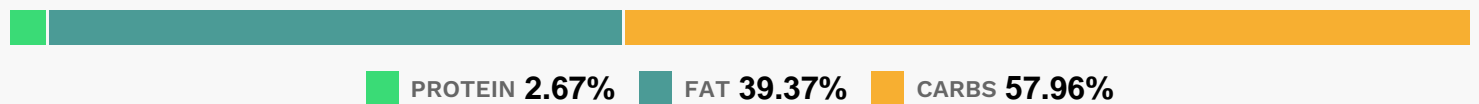
- sauce pan

- oven
- pot
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease a 9x13 inch baking dish.
- Bring a large pot of water to a boil.
- Add potatoes and boil until slightly underdone, about 15 minutes.
- Drain, cool and peel.
- In a large saucepan over medium heat, combine margarine, brown sugar, 2 cups marshmallows, cinnamon and nutmeg. Cook, stirring occasionally, until marshmallows are melted.
- Stir potatoes into marshmallow sauce. While stirring mash about half of the potatoes, and break the others into bite-sized chunks.
- Transfer to prepared dish.
- Bake in preheated oven for 15 minutes.
- Remove from oven and cover top evenly with remaining marshmallows. Return to oven and bake until marshmallows are golden brown.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:21.58, Inflammation Score:-10, Nutrition Score:13.340869659963%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 442.32kcal (22.12%), Fat: 19.89g (30.59%), Saturated Fat: 4.51g (28.18%), Carbohydrates: 65.88g (21.96%), Net Carbohydrates: 59.85g (21.76%), Sugar: 36.36g (40.4%), Cholesterol: 0mg (0%), Sodium: 323.08mg (14.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.07%), Vitamin A: 22304.13IU (446.08%), Manganese: 0.81mg (40.65%), Fiber: 6.03g (24.11%), Vitamin B6: 0.33mg (16.71%), Potassium: 566.19mg (16.18%), Copper: 0.28mg (13.93%), Vitamin B5: 1.27mg (12.67%), Magnesium: 45.68mg (11.42%), Calcium: 95.57mg (9.56%), Vitamin B1: 0.13mg (8.52%), Phosphorus: 83.96mg (8.4%), Vitamin E: 1.17mg (7.82%), Iron: 1.34mg (7.45%), Vitamin B2: 0.1mg (6.06%), Folate: 18.86µg (4.72%), Vitamin B3: 0.94mg (4.68%), Vitamin C: 3.81mg (4.62%), Zinc: 0.55mg (3.63%), Vitamin K: 3.35µg (3.19%), Selenium: 1.49µg (2.13%)