



## Candied Yam Souffle

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



512 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 stick butter
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 cup brown sugar light
- 12 ounce marshmallow topping
- 0.5 cup pecans chopped
- 40 ounce sweet potatoes drained canned

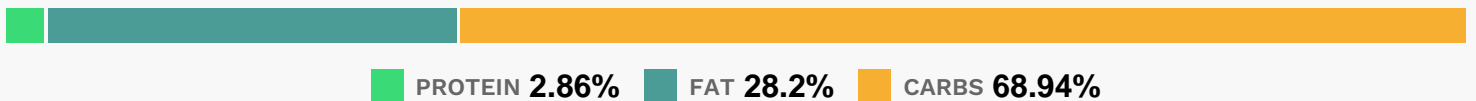
## Equipment

- bowl
- sauce pan
- oven
- potato masher
- pie form

## Directions

- Watch how to make this recipe.
- Preheat oven to 325 degrees F.
- Melt butter in a saucepan over medium heat.
- Add brown sugar and pecans. Simmer for 3 minutes. Meanwhile, place drained yams in a large bowl and mash finely with a potato masher (leaving some chunked pieces).
- Pour sugar/pecan mixture over yams. Stir until combined thoroughly.
- Add in cinnamon and nutmeg.
- Transfer to a metal pie pan. Top with marshmallow topping.
- Bake for 15 minutes at 325 degrees F.
- Remove from the oven and raise the oven temperature to 400 degrees F.
- Bake for an additional 10 minutes at 400 degrees F to brown the top, watching carefully to keep from over-browning.

## Nutrition Facts



## Properties

Glycemic Index:31.69, Glycemic Load:35.05, Inflammation Score:-10, Nutrition Score:13.236521675535%

## Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate:

0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg  
Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg,  
Luteolin: 0.03mg, Luteolin: 0.03mg 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: 0.01mg,  
Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 511.91kcal (25.6%), Fat: 16.61g (25.55%), Saturated Fat: 7.8g (48.73%), Carbohydrates: 91.35g (30.45%),  
Net Carbohydrates: 86.22g (31.35%), Sugar: 57.45g (63.83%), Cholesterol: 30.37mg (10.12%), Sodium: 210.57mg  
(9.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.59%), Vitamin A: 20467.53IU (409.35%),  
Manganese: 0.74mg (37.21%), Fiber: 5.13g (20.53%), Copper: 0.35mg (17.67%), Vitamin B6: 0.32mg (16.22%),  
Potassium: 549.66mg (15.7%), Vitamin B5: 1.25mg (12.48%), Magnesium: 47.9mg (11.97%), Vitamin B1: 0.16mg  
(10.51%), Phosphorus: 94.08mg (9.41%), Calcium: 77.75mg (7.77%), Iron: 1.36mg (7.56%), Vitamin B2: 0.1mg (5.93%),  
Vitamin E: 0.8mg (5.32%), Zinc: 0.78mg (5.21%), Vitamin B3: 0.95mg (4.73%), Folate: 18.42µg (4.6%), Vitamin C:  
3.49mg (4.24%), Vitamin K: 3.86µg (3.67%), Selenium: 2.32µg (3.31%)