

Candied Yams

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



295 kcal

SIDE DISH

Ingredients

- 0.5 cup brown sugar
- 0.3 cup butter cut into pieces
- 1.5 cups marshmallows miniature
- 29 ounce sweet potatoes and into canned

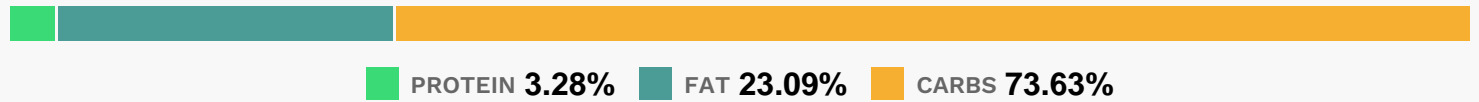
Equipment

- oven
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Place sweet potatoes in a medium baking dish. Distribute butter pieces evenly over the sweet potatoes.
- Sprinkle with brown sugar.
- Layer with miniature marshmallows.
- Bake in the preheated oven 25 minutes, or until sweet potatoes are tender and marshmallows have melted.

Nutrition Facts



Properties

Glycemic Index:28.08, Glycemic Load:19.75, Inflammation Score:-10, Nutrition Score:10.853478261958%

Flavonoids

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: 295.07kcal (14.75%), Fat: 7.76g (11.94%), Saturated Fat: 4.89g (30.58%), Carbohydrates: 55.72g (18.57%), Net Carbohydrates: 51.6g (18.76%), Sugar: 30.72g (34.13%), Cholesterol: 20.34mg (6.78%), Sodium: 151.31mg (6.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Vitamin A: 19675.77IU (393.52%), Manganese: 0.37mg (18.31%), Fiber: 4.12g (16.49%), Vitamin B6: 0.29mg (14.73%), Potassium: 489.04mg (13.97%), Copper: 0.23mg (11.38%), Vitamin B5: 1.13mg (11.31%), Magnesium: 36.34mg (9.09%), Vitamin B1: 0.11mg (7.17%), Phosphorus: 68.4mg (6.84%), Calcium: 58.97mg (5.9%), Iron: 1mg (5.54%), Vitamin B2: 0.09mg (5.11%), Vitamin B3: 0.8mg (3.99%), Vitamin C: 3.29mg (3.99%), Folate: 15.66µg (3.92%), Vitamin E: 0.58mg (3.84%), Vitamin K: 3.13µg (2.98%), Zinc: 0.43mg (2.87%), Selenium: 1.35µg (1.93%)