



Cane Syrup Glazed Sweet Potatoes

READY IN



95 min.

SERVINGS



8

CALORIES



653 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter cut into pieces at room temperature
- ☐ 1 stick butter
- ☐ 0.3 cup cane syrup
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup light-brown sugar
- ☐ 2 cups marshmallows miniature
- ☐ 2 tablespoons orange liqueur
- ☐ 2 teaspoons orange zest grated

- ☐ 1 cup pecans toasted
- ☐ 4 pounds dark-skinned sweet potatoes peeled cut into 1-inch cubes
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

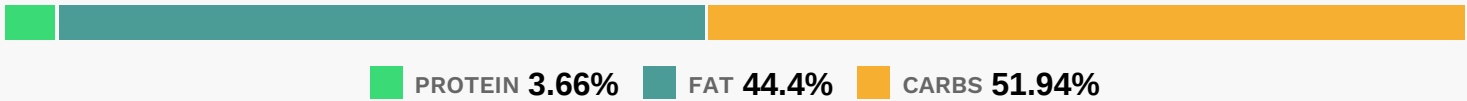
- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Arrange the potatoes in 13 by 9 by 2-inch glass baking dish.
- ☐ Combine the cane syrup, butter, and salt in a small saucepan over medium heat. Bring to a boil, then remove the pan from the heat. Stir in the orange zest and liqueur.
- ☐ Pour the sugar mixture over the potatoes, and toss the potatoes to coat. Cover the dish tightly with foil.
- ☐ Bake for 50 minutes, and then remove the dish from the oven, remove the foil, and bake until the potatoes are tender and the syrup has thickened slightly, basting occasionally, about 20 minutes.
- ☐ Combine the butter, brown sugar, flour, cinnamon, salt, and pecans in the bowl of a food processor fitted with a metal blade, and pulse the mixture until it resembles coarse pebbles.
- ☐ Transfer the mixture to a bowl, then add the marshmallows and toss to combine.
- ☐ Raise the oven temperature to 425 degrees F.

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Remove the baking dish from the oven and cover the potatoes with the marshmallowstreusel.

Return to the oven, and bake until the topping is bubbly and browned, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:38.56, Glycemic Load:33.04, Inflammation Score:-10, Nutrition Score:19.484782522139%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 652.57kcal (32.63%), Fat: 33g (50.77%), Saturated Fat: 15.46g (96.62%), Carbohydrates: 86.87g (28.96%), Net Carbohydrates: 78.45g (28.53%), Sugar: 40.14g (44.6%), Cholesterol: 60.87mg (20.29%), Sodium: 539.13mg (23.44%), Alcohol: 0.98g (100%), Alcohol %: 0.39% (100%), Protein: 6.11g (12.23%), Vitamin A: 32893.02IU (657.86%), Manganese: 1.27mg (63.67%), Fiber: 8.42g (33.69%), Copper: 0.54mg (26.91%), Vitamin B6: 0.51mg (25.69%), Potassium: 859.48mg (24.56%), Vitamin B1: 0.33mg (22.03%), Vitamin B5: 2.02mg (20.19%), Magnesium: 77.22mg (19.31%), Phosphorus: 161.49mg (16.15%), Iron: 2.24mg (12.42%), Vitamin B2: 0.21mg (12.08%), Folate: 43.51µg (10.88%), Calcium: 98.93mg (9.89%), Vitamin B3: 1.93mg (9.66%), Vitamin E: 1.44mg (9.63%), Zinc: 1.39mg (9.27%), Vitamin C: 6.28mg (7.61%), Selenium: 5.21µg (7.44%), Vitamin K: 6.58µg (6.27%)