



Caramelized Sweet Potato Pudding

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



232 kcal

DESSERT

Ingredients

- 0.5 cup almonds sliced
- 2 egg whites at room temperature ()
- 0.3 cup sugar
- 0.8 cup sugar
- 2 pounds sweet potatoes
- 1 teaspoon vanilla extract

Equipment

- food processor

- frying pan
- oven
- blender
- aluminum foil

Directions

- Preheat oven to 400
- Wrap sweet potatoes in foil; bake at 400 for 1 hour or until tender.
- Let cool slightly; peel.
- Combine sweet potatoes and almonds in a food processor; process until smooth. Spoon sweet potato mixture into a large nonstick skillet; keep warm over low heat.
- Place 3/4 cup sugar in a medium nonstick skillet. Cook over medium-high heat 5 minutes or until sugar is golden. Immediately pour three-fourths of caramelized sugar into warm sweet potato mixture, stirring constantly. Set the remaining caramelized sugar aside.
- Spoon sweet potato mixture into a 1 1/2-quart casserole coated with cooking spray; set aside. Beat egg whites at high speed of a mixer until foamy.
- Add 1/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form.
- Add vanilla; beat well.
- Spread meringue evenly over sweet potato mixture, sealing to edge of dish.
- Bake pudding at 400 for 15 minutes or until golden.
- Place remaining caramelized sugar over low heat until warm and melted (caramel will have hardened); drizzle over meringue.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:26.02, Glycemic Load:28.76, Inflammation Score:-10, Nutrition Score:11.418695661685%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 232.4kcal (11.62%), Fat: 3.02g (4.64%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 49.08g (16.36%), Net Carbohydrates: 44.96g (16.35%), Sugar: 30.06g (33.4%), Cholesterol: 0mg (0%), Sodium: 75.17mg (3.27%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 3.82g (7.63%), Vitamin A: 16087.84IU (321.76%), Manganese: 0.43mg (21.35%), Fiber: 4.12g (16.48%), Potassium: 437.76mg (12.51%), Vitamin B6: 0.25mg (12.27%), Vitamin E: 1.77mg (11.78%), Copper: 0.23mg (11.71%), Magnesium: 44.76mg (11.19%), Vitamin B2: 0.17mg (10.17%), Vitamin B5: 0.95mg (9.49%), Phosphorus: 82.11mg (8.21%), Vitamin B1: 0.1mg (6.71%), Iron: 0.92mg (5.13%), Calcium: 50.32mg (5.03%), Vitamin B3: 0.85mg (4.25%), Folate: 15.3µg (3.83%), Selenium: 2.57µg (3.67%), Zinc: 0.52mg (3.5%), Vitamin C: 2.72mg (3.3%), Vitamin K: 2.04µg (1.94%)