



WHATSheATE



Cranberry-and-Sweet Potato Bake



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



234 kcal

SIDE DISH

Ingredients

- ☐ 1 large eggs
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 Dash pepper black
- ☐ 8 ounce pineapple in juice crushed drained canned
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons stick margarine melted
- ☐ 30 ounce sweet potatoes drained canned
- ☐ 16 ounce whole-berry cranberry sauce divided canned

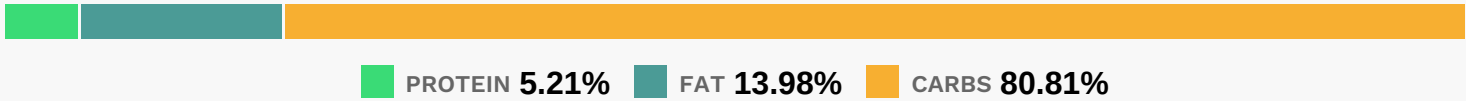
Equipment

- ☐ bowl
- ☐ oven
- ☐ ramekin
- ☐ potato masher

Directions

- ☐ Preheat oven to 35
- ☐ Combine sweet potatoes and pineapple in a large bowl; mash with a potato masher. Stir in butter, salt, nutmeg, pepper, and egg. Swirl in 1 cup cranberry sauce. Spoon 1/3 cup sweet potato mixture into each of 8 (4-ounce) ramekins coated with cooking spray. Top each with 1 tablespoon cranberry sauce.
- ☐ Bake at 350 for 40 minutes.
- ☐ Note: A 1-quart casserole may be substituted for ramekins.
- ☐ Bake at 350 for 40 minutes

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:10.56, Inflammation Score:-10, Nutrition Score:10.905217380627%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.56mg, Myricetin: 1.56mg, Myricetin: 1.56mg, Myricetin: 1.56mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 234.3kcal (11.72%), Fat: 3.75g (5.77%), Saturated Fat: 0.85g (5.29%), Carbohydrates: 48.81g (16.27%), Net Carbohydrates: 44.62g (16.22%), Sugar: 26.55g (29.5%), Cholesterol: 23.25mg (7.75%), Sodium: 178mg (7.74%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Vitamin A: 15286.37IU (305.73%), Fiber: 4.19g (16.76%), Manganese: 0.31mg (15.64%), Vitamin B6: 0.26mg (13.12%), Potassium: 419.76mg (11.99%), Copper: 0.21mg (10.53%), Vitamin B5: 0.95mg (9.5%), Magnesium: 32.91mg (8.23%), Vitamin B1: 0.12mg (8.22%), Vitamin C: 5.79mg (7.02%), Phosphorus: 67.53mg (6.75%), Vitamin B2: 0.11mg (6.63%), Vitamin E: 0.99mg (6.6%), Iron: 1.07mg (5.96%), Calcium: 42.9mg (4.29%), Folate: 16.68µg (4.17%), Selenium: 2.9µg (4.14%), Vitamin B3: 0.74mg (3.68%), Zinc: 0.45mg (2.97%), Vitamin K: 2.94µg (2.8%)