



Cranberry Streusel Sweet Potatoes

 Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



344 kcal

SIDE DISH

Ingredients

- ☐ 6 medium sweet potatoes and into peeled
- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup breadcrumbs soft (1 slice)
- ☐ 0.3 cup cranberries dried
- ☐ 0.3 cup pecans coarsely chopped
- ☐ 2 tablespoons butter melted

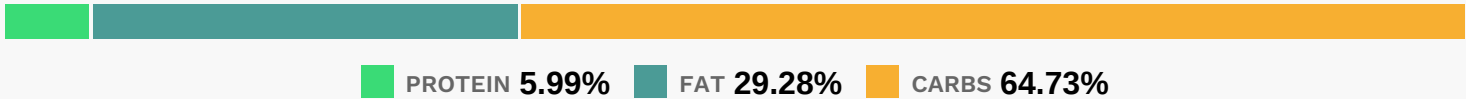
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Place sweet potatoes in 3-quart saucepan; add enough water to cover. Cover and heat to boiling; reduce heat. Simmer covered 20 to 25 minutes or until tender; drain. Shake potatoes in saucepan over low heat to dry.
- ☐ Heat oven to 350°F. Mash potatoes with 2 tablespoons butter and the salt until no lumps remain. Spoon into ungreased 1-quart casserole.
- ☐ Mix remaining ingredients; sprinkle over potatoes.
- ☐ Bake uncovered about 30 minutes or until heated through and streusel mixture is golden brown.

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:22.46, Inflammation Score:-10, Nutrition Score:17.157826078975%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg 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: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 343.96kcal (17.2%), Fat: 11.43g (17.58%), Saturated Fat: 1.99g (12.45%), Carbohydrates: 56.85g (18.95%), Net Carbohydrates: 48.96g (17.8%), Sugar: 13.85g (15.39%), Cholesterol: 0mg (0%), Sodium: 472.24mg (20.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.52%), Vitamin A: 32399.01IU (647.98%), Manganese: 0.88mg (44.2%), Fiber: 7.89g (31.55%), Vitamin B6: 0.5mg (24.78%), Potassium: 804.32mg (22.98%), Copper: 0.42mg (21.1%), Vitamin B1: 0.29mg (19.66%), Vitamin B5: 1.92mg (19.16%), Magnesium: 66.35mg (16.59%),

Phosphorus: 136.2mg (13.62%), Vitamin B2: 0.18mg (10.88%), Iron: 1.95mg (10.83%), Vitamin B3: 1.94mg (9.69%), Calcium: 90.82mg (9.08%), Folate: 35.58µg (8.9%), Vitamin E: 1.05mg (7.03%), Zinc: 1.02mg (6.8%), Vitamin C: 5.5mg (6.67%), Selenium: 3.83µg (5.47%), Vitamin K: 5.2µg (4.96%)