



Curried Sweet Potato Surprise



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



517 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 0.3 cup butter
- ☐ 1 tablespoon curry powder to taste
- ☐ 29 ounce peaches drained sliced canned
- ☐ 29 ounce pears drained chopped canned
- ☐ 15 ounce pineapple chunks drained canned
- ☐ 2 cups sweet potatoes and into cubed peeled

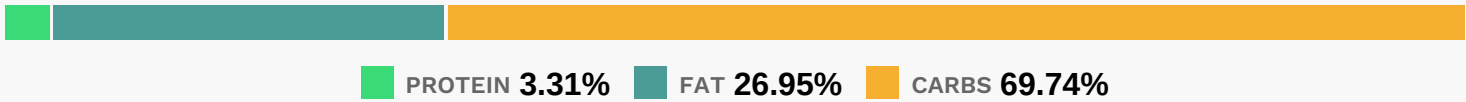
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C). Grease a 9x13-inch baking pan.
- ☐ Place drained pears, peaches, pineapple, and cubed sweet potatoes in a large bowl.
- ☐ Melt butter in a saucepan over low heat.
- ☐ Whisk in brown sugar and curry powder until well blended.
- ☐ Pour over the sweet potato mixture and toss to coat.
- ☐ Spread mixture into the prepared pan.
- ☐ Bake in the preheated oven until sweet potatoes are tender, about 50 minutes.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:22.88, Inflammation Score:-10, Nutrition Score:19.492608674195%

Flavonoids

Cyanidin: 8.18mg, Cyanidin: 8.18mg, Cyanidin: 8.18mg, Cyanidin: 8.18mg Catechin: 10.67mg, Catechin: 10.67mg, Catechin: 10.67mg, Catechin: 10.67mg Epigallocatechin: 3.35mg, Epigallocatechin: 3.35mg, Epigallocatechin: 3.35mg, Epigallocatechin: 3.35mg Epicatechin: 12.54mg, Epicatechin: 12.54mg, Epicatechin: 12.54mg, Epicatechin: 12.54mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.97mg, Epigallocatechin 3-gallate: 0.97mg, Epigallocatechin 3-gallate: 0.97mg, Epigallocatechin 3-gallate: 0.97mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg, Myricetin: 0.02mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 517.21kcal (25.86%), Fat: 16.54g (25.45%), Saturated Fat: 9.86g (61.63%), Carbohydrates: 96.29g (32.1%), Net Carbohydrates: 82.96g (30.17%), Sugar: 68.61g (76.24%), Cholesterol: 40.67mg (13.56%), Sodium: 192.68mg (8.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.13%), Vitamin A: 10696.45IU (213.93%), Fiber: 13.33g (53.32%), Vitamin C: 29.03mg (35.18%), Copper: 0.56mg (28.09%), Potassium: 891.07mg (25.46%), Manganese: 0.47mg (23.44%), Vitamin K: 19.97µg (19.02%), Vitamin E: 2.71mg (18.07%), Vitamin B6: 0.35mg (17.66%), Magnesium: 68.83mg (17.21%), Vitamin B1: 0.24mg (15.94%), Vitamin B3: 2.73mg (13.67%), Iron: 2.32mg (12.87%), Phosphorus: 118.9mg (11.89%), Vitamin B2: 0.19mg (11.22%), Folate: 42.37µg (10.59%), Vitamin B5: 0.99mg (9.86%), Calcium: 86.8mg (8.68%), Selenium: 5.96µg (8.51%), Zinc: 1.07mg (7.11%)