



Gingersnap Sweet Potatoes

READY IN



45 min.

SERVINGS



10

CALORIES



445 kcal

DESSERT

Ingredients

- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 0.3 cup butter cold cut into pieces
- ☐ 0.5 cup butter melted
- ☐ 2 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 32 coarsely gingersnap cookies (with nabisco) crushed
- ☐ 0.3 cup half-and-half
- ☐ 4 pounds sweet potatoes
- ☐ 1 teaspoon vanilla extract

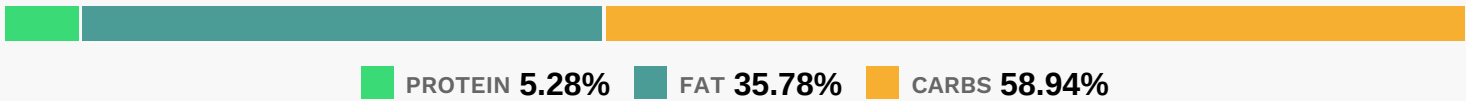
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ baking pan
- ☐ hand mixer
- ☐ potato masher
- ☐ microwave
- ☐ dutch oven

Directions

- ☐ Cook sweet potatoes in a Dutch oven in boiling water to cover over medium heat 30 minutes or until tender. Cool; peel and mash potatoes.
- ☐ Combine mashed sweet potato, 1/2 cup brown sugar, and next 4 ingredients in a mixing bowl; beat at medium speed with an electric mixer until smooth. (Or mash with a potato masher until smooth.) Spoon into a greased 2 1/2-quart or 13" x 9" baking dish.
- ☐ Combine 1/2 cup brown sugar and flour.
- ☐ Cut in 1/4 cup cold butter with a pastry blender until crumbly. Stir in crushed gingersnaps.
- ☐ Sprinkle streusel over sweet potato.
- ☐ Bake, uncovered, at 350 for 25 minutes or until streusel is lightly browned.
- ☐ Make Ahead: Prepare sweet potato filling, and spoon into a greased 2 1/2-quart microwave-safe dish. Cover and chill overnight. Microwave at HIGH 10 minutes or until hot. Prepare streusel, and sprinkle over filling.
- ☐ Bake, uncovered, at 350 for 20 minutes or until streusel is lightly browned.

Nutrition Facts



Properties

Glycemic Index:13.3, Glycemic Load:18.84, Inflammation Score:-10, Nutrition Score:16.6999999949206%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 444.91kcal (22.25%), Fat: 17.88g (27.51%), Saturated Fat: 4.31g (26.92%), Carbohydrates: 66.29g (22.1%), Net Carbohydrates: 60.31g (21.93%), Sugar: 23.14g (25.71%), Cholesterol: 40.02mg (13.34%), Sodium: 406.92mg (17.69%), Alcohol: 0.14g (100%), Alcohol %: 0.07% (100%), Protein: 5.94g (11.87%), Vitamin A: 26432.45IU (528.65%), Manganese: 0.84mg (41.87%), Fiber: 5.98g (23.91%), Vitamin B6: 0.43mg (21.45%), Potassium: 737.37mg (21.07%), Copper: 0.36mg (17.89%), Vitamin B5: 1.75mg (17.49%), Iron: 2.87mg (15.93%), Magnesium: 60.22mg (15.06%), Vitamin B2: 0.25mg (14.81%), Vitamin B1: 0.21mg (13.75%), Phosphorus: 137.33mg (13.73%), Folate: 47.41µg (11.85%), Calcium: 100.42mg (10.04%), Vitamin B3: 1.86mg (9.29%), Vitamin E: 1.34mg (8.95%), Selenium: 6.2µg (8.86%), Zinc: 0.84mg (5.61%), Vitamin C: 4.46mg (5.41%), Vitamin K: 3.97µg (3.78%), Vitamin B12: 0.12µg (2.02%), Vitamin D: 0.2µg (1.33%)