

Grandma Pondelik's Sweet Potato Pone

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



15

CALORIES



317 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup brown sugar
- 1 cup butter softened
- 2 eggs beaten
- 12 fluid ounce evaporated milk canned
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 0.5 teaspoon nutmeg
- 0.5 cup blackstrap molasses

- 0.3 teaspoon salt
- 4 large sweet potatoes and into grated peeled
- 1 teaspoon vanilla extract

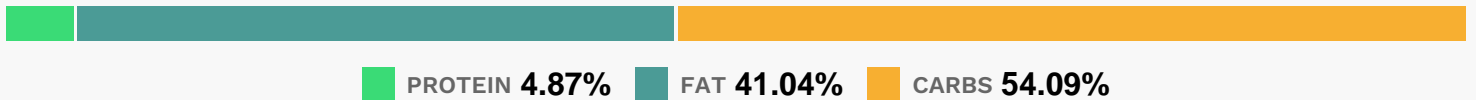
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat an oven to 325 degrees F (165 degrees C). Grease a 9x13 inch baking dish.
- Beat the butter, sugar, molasses, cinnamon, nutmeg, cloves, and salt together in a large bowl until smooth. Stir in the sweet potatoes, vanilla extract, eggs, and evaporated milk until evenly blended.
- Pour into the prepared baking dish.
- Bake in the preheated oven until the sweet potatoes are tender, and the top of the pone is golden brown, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:12.71, Inflammation Score:-10, Nutrition Score:12.226521733014%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 316.58kcal (15.83%), Fat: 14.71g (22.63%), Saturated Fat: 9.09g (56.79%), Carbohydrates: 43.61g (14.54%), Net Carbohydrates: 40.82g (14.84%), Sugar: 28.87g (32.08%), Cholesterol: 61.22mg (20.41%), Sodium: 227.83mg

(9.91%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 3.93g (7.86%), Vitamin A: 13329.65IU (266.59%), Manganese: 0.47mg (23.63%), Potassium: 574.07mg (16.4%), Vitamin B6: 0.29mg (14.68%), Magnesium: 58.22mg (14.56%), Calcium: 132.33mg (13.23%), Fiber: 2.79g (11.17%), Phosphorus: 110.22mg (11.02%), Vitamin B5: 1.09mg (10.93%), Copper: 0.21mg (10.39%), Vitamin B2: 0.16mg (9.57%), Iron: 1.35mg (7.52%), Selenium: 5.22µg (7.46%), Vitamin B1: 0.09mg (6%), Vitamin E: 0.69mg (4.62%), Zinc: 0.58mg (3.9%), Folate: 15.3µg (3.82%), Vitamin B3: 0.69mg (3.43%), Vitamin C: 2.63mg (3.19%), Vitamin K: 2.97µg (2.82%), Vitamin B12: 0.12µg (1.93%)