



Grandma's Red Hot Southern Sweet Potatoes

 **Gluten Free**  **Dairy Free**

READY IN



90 min.

SERVINGS



8

CALORIES



486 kcal

SIDE DISH

Ingredients

- 0.5 cup brown sugar packed
- 0.3 cup butter melted
- 10 ounce marshmallows miniature
- 1.3 cups cinnamon candies red hot
- 3.5 pounds sweet potatoes cubed peeled
- 0.8 cup water

Equipment

- bowl

- sauce pan
- oven
- casserole dish

Directions

- Place the sweet potatoes into a large saucepan with enough water to cover. Bring to a boil, and cook over medium heat until tender, about 25 minutes.
- Drain water, and place potatoes in a large casserole dish.
- Preheat the oven to 350 degrees F (175 degrees C).
- In a medium bowl, stir together the butter, brown sugar, red hot candies, and water.
- Pour over the sweet potatoes in the dish.
- Bake for 1 hour in the preheated oven, until sweet potatoes are soft, and the candies are melted. After this, you may top with marshmallows, and return the dish to the oven for 10 minutes to toast them.

Nutrition Facts



Properties

Glycemic Index:14.81, Glycemic Load:37.11, Inflammation Score:-10, Nutrition Score:13.58869566574%

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: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 485.89kcal (24.29%), Fat: 5.88g (9.05%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 108.76g (36.25%), Net Carbohydrates: 102.77g (37.37%), Sugar: 65.21g (72.45%), Cholesterol: 0mg (0%), Sodium: 209.35mg (9.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.67%), Vitamin A: 28407.37IU (568.15%), Manganese: 0.52mg (26.18%), Fiber: 5.99g (23.96%), Vitamin B6: 0.42mg (21.1%), Potassium: 691.8mg (19.77%), Copper: 0.34mg (17.2%), Vitamin B5: 1.61mg (16.13%), Magnesium: 51.99mg (13%), Vitamin B1: 0.16mg (10.39%), Phosphorus: 98.29mg (9.83%), Iron: 1.39mg (7.72%), Calcium: 74.8mg (7.48%), Vitamin B2: 0.12mg (7.3%), Vitamin C: 4.78mg (5.79%), Vitamin B3: 1.15mg (5.75%), Folate: 22.39µg (5.6%), Vitamin E: 0.74mg (4.91%), Zinc: 0.62mg (4.11%), Vitamin K:

3.57µg (3.4%), Selenium: 1.96µg (2.8%)