



Granola Streusel-Topped Sweet Potatoes

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



259 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 medium sweet potatoes and into peeled cut into 1 1/2-inch pieces (7 to 8 cups)
- 0.5 cup whipping cream
- 2 tablespoons butter
- 0.3 cup maple syrup
- 0.5 teaspoon salt
- 4 maple sugar crushed (2 pouches from 8.9-oz box)
- 2 tablespoons butter melted

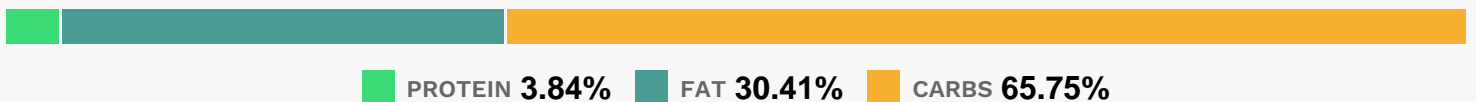
Equipment

- bowl
- sauce pan
- oven
- baking pan
- hand mixer
- potato masher
- dutch oven
- glass baking pan

Directions

- Place potato pieces in 4-quart saucepan or Dutch oven.
- Add enough water to cover; heat to boiling. Reduce heat to medium-low; cook uncovered 15 to 20 minutes or until tender.
- Drain and return to saucepan.
- Heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. To potatoes, add whipping cream, 2 tablespoons butter, the maple syrup and salt. Mash with potato masher or electric mixer until smooth. Spoon into baking dish.
- In small bowl, mix crushed granola bars and 2 tablespoons melted butter; sprinkle over potatoes.
- Bake uncovered 25 to 30 minutes or until thoroughly heated and topping is crisp.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:21.86, Inflammation Score:-10, Nutrition Score:12.989999943453%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 258.72kcal (12.94%), Fat: 8.89g (13.68%), Saturated Fat: 3.7g (23.13%), Carbohydrates: 43.28g (14.43%), Net Carbohydrates: 39.21g (14.26%), Sugar: 20.34g (22.61%), Cholesterol: 13.45mg (4.48%), Sodium: 248.83mg (10.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Vitamin A: 19612.81IU (392.26%), Manganese: 1.03mg (51.53%), Fiber: 4.07g (16.27%), Potassium: 519.45mg (14.84%), Vitamin B6: 0.29mg (14.42%), Vitamin B2: 0.21mg (12.4%), Vitamin B5: 1.13mg (11.25%), Copper: 0.22mg (10.86%), Magnesium: 38.72mg (9.68%), Zinc: 1.17mg (7.8%), Vitamin B1: 0.12mg (7.67%), Phosphorus: 72.26mg (7.23%), Calcium: 69.14mg (6.91%), Iron: 1.03mg (5.72%), Vitamin E: 0.64mg (4.24%), Vitamin C: 3.34mg (4.04%), Vitamin B3: 0.78mg (3.88%), Folate: 15.45µg (3.86%), Vitamin K: 2.82µg (2.69%), Selenium: 1.26µg (1.8%), Vitamin D: 0.19µg (1.27%)