



Holiday Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



414 kcal

SIDE DISH

Ingredients

- ☐ 1 apples cored peeled chopped
- ☐ 0.5 cup brown sugar packed
- ☐ 0.7 ounces brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 2 cups cranberries fresh
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 58 oz sweet potatoes and into drained canned

- ☐ 1 cup walnut pieces chopped
- ☐ 0.3 cup water divided

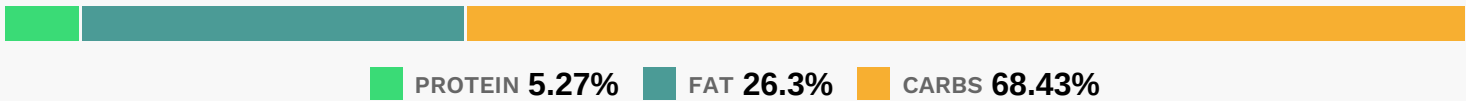
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine first 3 ingredients in a bowl. Mash until smooth. Spoon into a lightly greased 11"x17" baking dish.
- ☐ Stir together cranberries, apple, sugar and 1/4 cup water in a saucepan. Cook over medium heat for 8 to 10 minutes, or until cranberries burst.
- ☐ Add walnuts; stir well. Spoon over sweet potatoes in dish.
- ☐ Combine brown sugar, remaining 2 tablespoons water and butter in a small saucepan. Bring to a boil; boil, stirring constantly, 2 minutes.
- ☐ Pour over cranberries and sweet potatoes.
- ☐ Bake, uncovered, at 350 for 15 minutes, or just until heated through.

Nutrition Facts



Properties

Glycemic Index:34.39, Glycemic Load:28.21, Inflammation Score:-10, Nutrition Score:18.241304349964%

Flavonoids

Cyanidin: 12.36mg, Cyanidin: 12.36mg, Cyanidin: 12.36mg, Cyanidin: 12.36mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin:

0.24mg Epicatechin: 2.81mg, Epicatechin: 2.81mg, Epicatechin: 2.81mg, Epicatechin: 2.81mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 1.72mg, Myricetin: 1.72mg, Myricetin: 1.72mg, Myricetin: 1.72mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 414.14kcal (20.71%), Fat: 12.57g (19.35%), Saturated Fat: 2.74g (17.13%), Carbohydrates: 73.61g (24.54%), Net Carbohydrates: 65.01g (23.64%), Sugar: 36.35g (40.39%), Cholesterol: 7.53mg (2.51%), Sodium: 214.2mg (9.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.35%), Vitamin A: 29276.79IU (585.54%), Manganese: 1.14mg (56.92%), Fiber: 8.59g (34.37%), Copper: 0.57mg (28.62%), Vitamin B6: 0.54mg (26.92%), Potassium: 823.94mg (23.54%), Magnesium: 78.72mg (19.68%), Vitamin B5: 1.84mg (18.4%), Phosphorus: 153.94mg (15.39%), Vitamin B1: 0.22mg (14.48%), Vitamin C: 9.67mg (11.72%), Iron: 1.88mg (10.47%), Folate: 38.14µg (9.53%), Vitamin B2: 0.16mg (9.47%), Calcium: 93.92mg (9.39%), Zinc: 1.11mg (7.4%), Vitamin E: 1.09mg (7.26%), Vitamin B3: 1.37mg (6.87%), Vitamin K: 6.09µg (5.8%), Selenium: 2.25µg (3.22%)