

Island Yam Bake

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



637 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter softened
- 0.5 cup t brown sugar dark packed ()
- 0.5 cup macadamia nuts chopped
- 1 cup orange juice
- 2.5 pounds yam cubed peeled

Equipment

- oven
- pot

casserole dish

aluminum foil

Directions

Place yams into a large pot and cover with salted water. Bring to a boil, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.

Drain and allow to steam dry for a minute or two.

Preheat oven to 325 degrees F (165 degrees C).

Return yams to the cooking pot, and mash with juice until smooth. Pack mashed yams into a 3 quart casserole dish, dot with butter, then sprinkle with brown sugar and nuts. Loosely cover with aluminum foil.

Bake in preheated oven until hot and bubbly, 35 to 40 minutes.

Nutrition Facts



PROTEIN 3.78% **FAT 26.09%** **CARBS 70.13%**

Properties

Glycemic Index:40.94, Glycemic Load:38.28, Inflammation Score:-8, Nutrition Score:25.651739191102%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 637.38kcal (31.87%), Fat: 18.97g (29.19%), Saturated Fat: 5.74g (35.86%), Carbohydrates: 114.78g (38.26%), Net Carbohydrates: 101.6g (36.94%), Sugar: 34.07g (37.86%), Cholesterol: 15.05mg (5.02%), Sodium: 79.68mg (3.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.38%), Vitamin C: 79.68mg (96.58%), Manganese: 1.84mg (92.18%), Potassium: 2537.22mg (72.49%), Fiber: 13.19g (52.75%), Vitamin B6: 0.91mg (45.65%), Vitamin B1: 0.57mg (38.26%), Copper: 0.67mg (33.57%), Magnesium: 90.74mg (22.69%), Folate: 86.13µg (21.53%), Phosphorus: 200.73mg (20.07%), Vitamin A: 690.15IU (13.8%), Iron: 2.47mg (13.72%), Vitamin B5: 1.18mg (11.79%), Vitamin B3: 2.26mg (11.3%), Calcium: 93.76mg (9.38%), Vitamin E: 1.27mg (8.47%), Vitamin B2: 0.14mg (8.17%), Vitamin K: 7.07µg (6.74%), Zinc: 0.94mg (6.29%), Selenium: 3.05µg (4.36%)