



Kahlua® Sweet Potatoes



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



266 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 2 tablespoons butter cut into small pieces
- ☐ 0.5 cup coffee-flavored liqueur kahlua® (such as)
- ☐ 0.5 cup milk
- ☐ 15 ounce cut yams drained canned

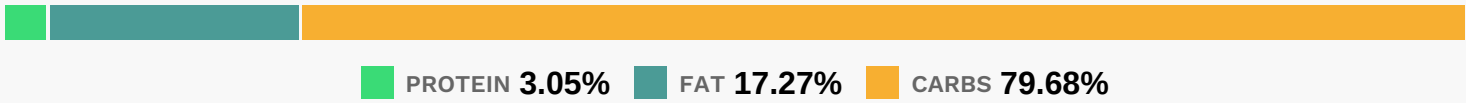
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Spread yams into a casserole dish.
- ☐ Pour milk over yams and sprinkle with brown sugar. Dot yams with butter pieces.
- ☐ Pour coffee-flavored liqueur over the top.
- ☐ Bake in the preheated oven until heated through and bubbling, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:23.3, Glycemic Load:9.09, Inflammation Score:-3, Nutrition Score:5.7078260960786%

Nutrients (% of daily need)

Calories: 266.41kcal (13.32%), Fat: 4.61g (7.1%), Saturated Fat: 2.82g (17.64%), Carbohydrates: 47.9g (15.97%), Net Carbohydrates: 45g (16.36%), Sugar: 28.32g (31.47%), Cholesterol: 12.47mg (4.16%), Sodium: 50.82mg (2.21%), Alcohol: 4.27g (100%), Alcohol %: 4.04% (100%), Protein: 1.83g (3.67%), Potassium: 634.33mg (18.12%), Manganese: 0.29mg (14.7%), Vitamin C: 12.12mg (14.69%), Fiber: 2.91g (11.62%), Vitamin B6: 0.23mg (11.39%), Copper: 0.14mg (6.75%), Phosphorus: 61.37mg (6.14%), Vitamin B1: 0.09mg (6.07%), Calcium: 53.4mg (5.34%), Vitamin A: 247.37IU (4.95%), Magnesium: 19.07mg (4.77%), Folate: 16.62µg (4.16%), Vitamin B5: 0.33mg (3.28%), Vitamin B2: 0.05mg (3.08%), Iron: 0.51mg (2.85%), Vitamin E: 0.37mg (2.44%), Vitamin B3: 0.43mg (2.17%), Vitamin B12: 0.12µg (1.96%), Vitamin K: 2.02µg (1.92%), Zinc: 0.26mg (1.75%), Selenium: 1.15µg (1.64%), Vitamin D: 0.22µg (1.49%)