



Make-Ahead Baked Sweet Potatoes

 Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



217 kcal

SIDE DISH

Ingredients

- 2.3 pounds sweet potatoes and into
- 0.3 cup cream sour
- 2 tablespoons milk
- 2 tablespoons brown sugar packed
- 2 tablespoons butter softened
- 0.1 teaspoon salt

Equipment

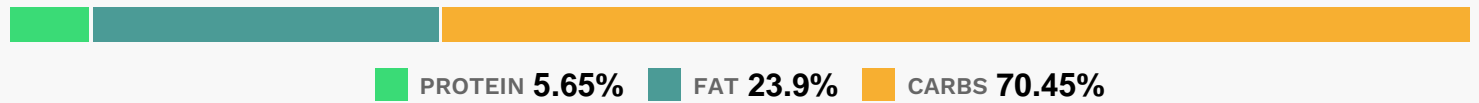
- bowl

- oven
- baking pan

Directions

- Heat oven to 375°F. Pierce sweet potatoes with fork to allow steam to escape.
- Bake about 45 minutes or until tender.
- Cut thin lengthwise slice from each potato; carefully scoop out inside of potato, leaving a thin shell. Mash potatoes in large bowl until no lumps remain. Beat in sour cream and milk. Beat in brown sugar, butter and salt until potatoes are light and fluffy.
- Place shells in ungreased rectangular baking dish, 13x9x2 inches. Fill shells with potato mixture. Cover and refrigerate no longer than 24 hours.
- Heat oven to 400°F.
- Bake uncovered about 25 minutes or until potato mixture is golden brown. (If baking filled shells immediately after mashing potatoes, bake about 20 minutes.)

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:16.98, Inflammation Score:-10, Nutrition Score:12.376956421396%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 217.01kcal (10.85%), Fat: 5.86g (9.02%), Saturated Fat: 1.87g (11.69%), Carbohydrates: 38.87g (12.96%), Net Carbohydrates: 33.76g (12.28%), Sugar: 11.56g (12.84%), Cholesterol: 6.25mg (2.08%), Sodium: 192mg (8.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.23%), Vitamin A: 24366.41IU (487.33%), Manganese: 0.44mg (22.14%), Fiber: 5.1g (20.41%), Vitamin B6: 0.36mg (18.23%), Potassium: 600mg (17.14%), Vitamin B5: 1.42mg (14.21%), Copper: 0.26mg (13.03%), Magnesium: 44.58mg (11.15%), Phosphorus: 93.51mg (9.35%), Vitamin B1: 0.14mg (9.19%), Vitamin B2: 0.13mg (7.56%), Calcium: 71.61mg (7.16%), Iron: 1.07mg (5.96%), Vitamin C: 4.18mg (5.06%), Folate: 19.37µg (4.84%), Vitamin B3: 0.97mg (4.84%), Vitamin E: 0.63mg (4.17%), Zinc: 0.56mg (3.76%),

Vitamin K: 3.22µg (3.07%), Selenium: 1.52µg (2.17%)