



Make-Ahead Baked Sweet Potatoes

 **Gluten Free**  **Very Healthy**

READY IN



80 min.

SERVINGS



1

CALORIES



1302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

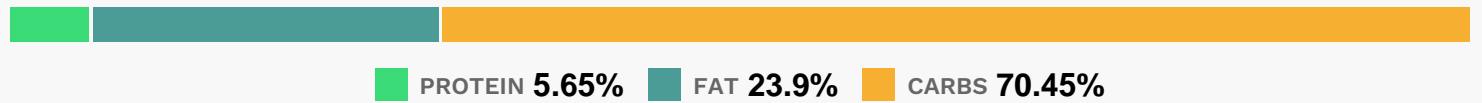
- bowl

- oven
- baking pan

Directions

- Heat oven to 375F. 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 400F.
- 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:96, Glycemic Load:101.87, Inflammation Score:-10, Nutrition Score:49.584347714549%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 1302.07kcal (65.1%), Fat: 35.17g (54.1%), Saturated Fat: 11.23g (70.16%), Carbohydrates: 233.2g (77.73%), Net Carbohydrates: 202.58g (73.67%), Sugar: 69.34g (77.05%), Cholesterol: 37.53mg (12.51%), Sodium: 1151.99mg (50.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.69g (37.38%), Vitamin A: 146198.48IU (2923.97%), Manganese: 2.66mg (132.84%), Fiber: 30.62g (122.47%), Vitamin B6: 2.19mg (109.36%), Potassium: 3599.98mg (102.86%), Vitamin B5: 8.52mg (85.25%), Copper: 1.56mg (78.16%), Magnesium: 267.5mg (66.88%), Phosphorus: 561.07mg (56.11%), Vitamin B1: 0.83mg (55.14%), Vitamin B2: 0.77mg (45.35%), Calcium: 429.65mg (42.96%), Iron: 6.44mg (35.77%), Vitamin C: 25.07mg (30.38%), Folate: 116.23µg (29.06%), Vitamin B3: 5.8mg (29.01%), Vitamin E:

3.76mg (25.03%), Zinc: 3.38mg (22.55%), Vitamin K: 19.32µg (18.4%), Selenium: 9.11µg (13.01%), Vitamin B12: 0.31µg (5.18%), Vitamin D: 0.33µg (2.2%)