



Mameya (Sweet Potato) Pudding

READY IN



40 min.

SERVINGS



8

CALORIES



142 kcal

DESSERT

Ingredients

- 0.5 cup firmly brown sugar packed
- 1 Tbsp butter melted
- 1 eggs lightly beaten
- 0.3 cup flour
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 0.3 cup milk
- 0.3 tsp salt
- 1 lb mameya sweet potatoes boiled peeled mashed

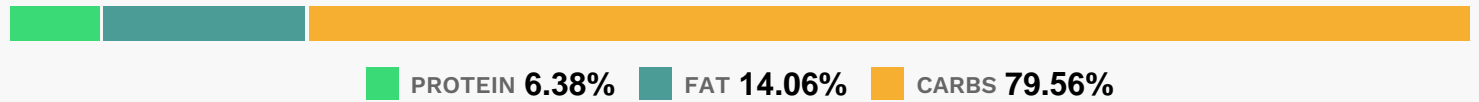
Equipment

- oven
- baking pan

Directions

- Preheat oven to 350F.
- Mix all ingredients until well blended.
- Spoon into greased 1-qt. baking dish.
- Bake 30 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:7.93, Inflammation Score:-10, Nutrition Score:8.7156521600226%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 141.81kcal (7.09%), Fat: 2.26g (3.47%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 28.71g (9.57%), Net Carbohydrates: 26.7g (9.71%), Sugar: 16.12g (17.91%), Cholesterol: 21.38mg (7.13%), Sodium: 135.09mg (5.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Vitamin A: 8149.57IU (162.99%), Manganese: 0.32mg (15.77%), Fiber: 2.01g (8.04%), Vitamin B6: 0.14mg (7.1%), Potassium: 237.69mg (6.79%), Vitamin B5: 0.61mg (6.05%), Vitamin B1: 0.08mg (5.45%), Selenium: 3.8µg (5.43%), Vitamin B2: 0.09mg (5.34%), Copper: 0.1mg (5.2%), Phosphorus: 51mg (5.1%), Magnesium: 18.58mg (4.64%), Calcium: 45.55mg (4.55%), Iron: 0.79mg (4.41%), Folate: 16.17µg (4.04%), Vitamin B3: 0.6mg (3%), Zinc: 0.32mg (2.12%), Vitamin E: 0.27mg (1.82%), Vitamin C: 1.38mg (1.67%), Vitamin B12: 0.09µg (1.53%), Vitamin D: 0.19µg (1.29%), Vitamin K: 1.17µg (1.12%)