



WHATSheATE



Maple Sweet Potato Cups



Vegetarian



Gluten Free

READY IN



39 min.

SERVINGS



8

CALORIES



342 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 0.3 cup butter
- ☐ 4 egg whites
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup maple syrup pure
- ☐ 3 teaspoons orange zest
- ☐ 1 teaspoon salt
- ☐ 48 oz steam-and-mash sweet potatoes frozen

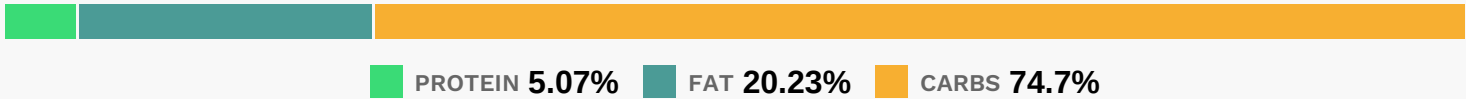
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 40
- ☐ Steam potatoes according to package directions. Mash together sweet potatoes and next 5 ingredients. Spoon mixture into 8 (6-oz.) custard cups.
- ☐ Place on a baking sheet.
- ☐ Beat egg whites at high speed with an electric mixer until foamy.
- ☐ Add sugar, 1 Tbsp. at a time, beating until stiff peaks form and sugar is dissolved.
- ☐ Spread meringue over sweet potato mixture.
- ☐ Bake at 400 for 10 minutes or until golden brown.
- ☐ Note: We tested with Ore-Ida Steam n' Mash
- ☐ Cut Sweet Potatoes.

Nutrition Facts



Properties

Glycemic Index:26.82, Glycemic Load:28.92, Inflammation Score:-10, Nutrition Score:14.002608693164%

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, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 341.81kcal (17.09%), Fat: 7.82g (12.04%), Saturated Fat: 4.89g (30.58%), Carbohydrates: 65.01g (21.67%), Net Carbohydrates: 59.83g (21.76%), Sugar: 36.63g (40.7%), Cholesterol: 20.34mg (6.78%), Sodium: 473.88mg (20.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Vitamin A: 24371.2IU (487.42%), Manganese: 0.76mg (37.81%), Fiber: 5.18g (20.73%), Vitamin B2: 0.35mg (20.37%), Potassium: 644.23mg (18.41%), Vitamin B6: 0.36mg (18.08%), Vitamin B5: 1.42mg (14.15%), Copper: 0.27mg (13.32%), Magnesium: 48.18mg (12.04%), Vitamin B1: 0.14mg (9.57%), Phosphorus: 84.99mg (8.5%), Calcium: 78.09mg (7.81%), Iron: 1.15mg (6.37%), Vitamin C: 5.1mg (6.18%), Selenium: 4.31µg (6.15%), Folate: 19.91µg (4.98%), Vitamin B3: 0.99mg (4.97%), Vitamin E: 0.66mg (4.42%), Zinc: 0.62mg (4.16%), Vitamin K: 3.72µg (3.55%)