



Meringue and Streusel-Topped Sweet Potatoes

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



331 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 4 large egg whites
- ☐ 2 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 2.3 cups granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup half-and-half

- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 teaspoon peppermint flavoring
- ☐ 0.3 cup maple syrup
- ☐ 0.7 cup pecans chopped
- ☐ 1 teaspoon salt
- ☐ 3.3 pounds sweet potatoes cubed peeled
- ☐ 1 cup cranberries dried sweetened coarsely chopped
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ baking pan
- ☐ pastry bag

Directions

- ☐ Preheat oven to 35
- ☐ To prepare sweet potato puree, place sweet potatoes in a stockpot, and cover with water; bring to a boil. Reduce heat, and simmer for 20 minutes or until tender.
- ☐ Drain potatoes; place in a large bowl.
- ☐ Add cranberries and next 7 ingredients (through eggs); beat with a mixer at high speed for 2 minutes or until smooth. Spoon sweet potato puree into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ To prepare streusel, combine pecans, brown sugar, flour, butter, and 1/4 teaspoon cinnamon.
- ☐ Sprinkle the streusel evenly over sweet potato puree.
- ☐ Bake at 350 for 30 minutes; remove from oven (do not turn oven off).
- ☐ To prepare meringue, place the egg whites in a large bowl; beat with a mixer at high speed until soft peaks form using clean, dry beaters. Gradually add granulated sugar, 1 tablespoon at

a time, beating until stiff peaks form (about 4 minutes). Spoon meringue into a pastry bag fitted with a star tip. Pipe meringue in a lattice design over streusel.

☐ Bake at 350 for 15 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:19.35, Glycemic Load:31.7, Inflammation Score:-10, Nutrition Score:11.740869446941%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 330.53kcal (16.53%), Fat: 6.4g (9.85%), Saturated Fat: 1.93g (12.08%), Carbohydrates: 67.01g (22.34%), Net Carbohydrates: 63.33g (23.03%), Sugar: 49.76g (55.29%), Cholesterol: 29.66mg (9.89%), Sodium: 237.7mg (10.33%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 3.92g (7.85%), Vitamin A: 13178.4IU (263.57%), Manganese: 0.65mg (32.42%), Fiber: 3.68g (14.71%), Vitamin B2: 0.24mg (14.11%), Potassium: 391.93mg (11.2%), Vitamin B6: 0.22mg (11.16%), Copper: 0.21mg (10.64%), Vitamin B5: 0.94mg (9.42%), Magnesium: 33.6mg (8.4%), Vitamin B1: 0.12mg (7.99%), Phosphorus: 79.07mg (7.91%), Selenium: 5.18µg (7.4%), Calcium: 58.6mg (5.86%), Iron: 0.95mg (5.28%), Zinc: 0.66mg (4.43%), Folate: 16.47µg (4.12%), Vitamin E: 0.59mg (3.93%), Vitamin B3: 0.7mg (3.5%), Vitamin C: 2.35mg (2.85%), Vitamin K: 2.66µg (2.54%), Vitamin B12: 0.08µg (1.34%)