



Mom's Candied Yams with Caramel

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



280 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 3 tablespoons butter
- ☐ 8 ounce pineapple crushed drained canned
- ☐ 4 ounces caramel topping
- ☐ 1 eggs beaten
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 cups marshmallows divided
- ☐ 0.3 teaspoon salt

☐ 15 ounce sweet potatoes mashed drained canned

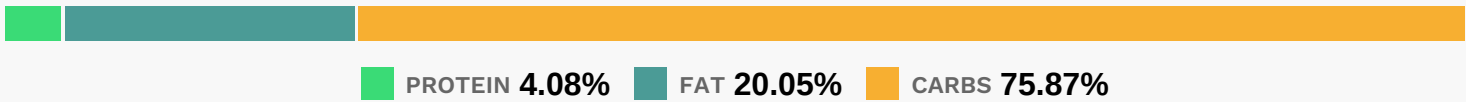
Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix sweet potatoes, pineapple, butter, brown sugar, salt, egg, and cinnamon together in a bowl.
- ☐ Pour half the sweet potato mixture into a 9x9-inch casserole dish.
- ☐ Pour caramel sauce over sweet potatoes; top with 1 cup marshmallows.
- ☐ Spread the remaining sweet potato mixture over marshmallow layer.
- ☐ Bake in the preheated oven for 30 minutes.
- ☐ Add the remaining 1 cup marshmallows and bake until marshmallows are golden brown, about 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:28.92, Glycemic Load:19.32, Inflammation Score:-10, Nutrition Score:9.5117390725924%

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: 280.24kcal (14.01%), Fat: 6.5g (10.01%), Saturated Fat: 3.86g (24.11%), Carbohydrates: 55.35g (18.45%), Net Carbohydrates: 52.62g (19.14%), Sugar: 37.44g (41.6%), Cholesterol: 42.33mg (14.11%), Sodium: 277.26mg

(12.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.96%), Vitamin A: 10305.8IU (206.12%), Manganese: 0.23mg (11.41%), Fiber: 2.73g (10.92%), Vitamin B6: 0.19mg (9.59%), Potassium: 317.3mg (9.07%), Copper: 0.18mg (8.98%), Vitamin B5: 0.72mg (7.24%), Magnesium: 26.32mg (6.58%), Vitamin C: 5.35mg (6.49%), Vitamin B1: 0.1mg (6.49%), Phosphorus: 61.79mg (6.18%), Selenium: 3.62µg (5.17%), Vitamin B2: 0.09mg (5.14%), Calcium: 48.16mg (4.82%), Iron: 0.77mg (4.27%), Folate: 14.02µg (3.51%), Vitamin E: 0.44mg (2.96%), Vitamin B3: 0.54mg (2.68%), Zinc: 0.37mg (2.44%), Vitamin K: 2.1µg (2%), Vitamin B12: 0.11µg (1.85%)