



Never Kiss a Yammy

 **Gluten Free**  **Dairy Free**

READY IN



75 min.

SERVINGS



4

CALORIES



450 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon ground cinnamon
- 0.7 cup brown sugar light
- 0.3 cup butter softened
- 0.5 cup orange juice
- 0.5 teaspoon orange zest freshly grated
- 4 sweet potatoes and into

Equipment

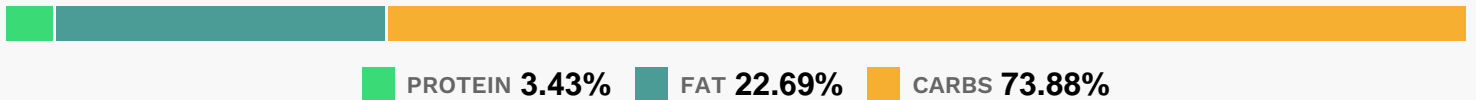
- bowl

- baking sheet
- oven
- hand mixer
- aluminum foil
- microwave

Directions

- Preheat an oven to 425 degrees F (220 degrees C). Cover a cookie sheet with aluminum foil.
- Scrub the sweet potatoes, prick them deeply in several places with a fork, and place them on the lined cookie sheet.
- Bake the potatoes in the preheated oven until tender, about 45 minutes. Allow them to cool until they can be handled, about 15 minutes. Scoop out the sweet potato flesh into a large bowl and mash well. Stir in orange juice, brown sugar, margarine, orange peel, and cinnamon. If you prefer the sweet potatoes to be very smooth, you can mix them with an electric mixer.
- Spread the potatoes in a microwave-safe dish.
- Microwave on HIGH until heated through, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:24.09, Inflammation Score:-10, Nutrition Score:16.444347702291%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 450.2kcal (22.51%), Fat: 11.6g (17.84%), Saturated Fat: 2.42g (15.11%), Carbohydrates: 84.96g (28.32%), Net Carbohydrates: 78.02g (28.37%), Sugar: 47.62g (52.91%), Cholesterol: 0mg (0%), Sodium: 268.68mg (11.68%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.89%), Vitamin A: 32633.53IU (652.67%), Manganese: 0.63mg (31.64%), Fiber: 6.93g (27.74%), Vitamin C: 21.3mg (25.81%), Potassium: 879.41mg (25.13%), Vitamin B6: 0.5mg (25.08%), Vitamin B5: 1.93mg (19.29%), Copper: 0.37mg (18.64%), Magnesium: 63.77mg (15.94%), Vitamin B1: 0.21mg (13.73%), Phosphorus: 116.35mg (11.64%), Calcium: 107.55mg (10.76%), Iron: 1.71mg (9.52%), Vitamin B2: 0.15mg (8.98%), Folate: 34.75µg (8.69%), Vitamin B3: 1.43mg (7.15%), Vitamin E: 1.04mg (6.96%), Zinc: 0.71mg (4.72%), Vitamin K: 4.14µg (3.94%), Selenium: 1.83µg (2.62%)