



## Orange Sweet Potato Cups

READY IN



45 min.

SERVINGS



4

CALORIES



440 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 1 tablespoon brown sugar
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1.5 tablespoons butter softened
- ☐ 3 tablespoons butter
- ☐ 0.5 cup orange juice unsweetened
- ☐ 0.3 cup pecans finely chopped
- ☐ 0.3 teaspoon salt

- ☐ 4.5 cups sweet potatoes and into cubed peeled
- ☐ 1 tablespoon triple sec orange-flavored
- ☐ 0.3 cup whipping cream

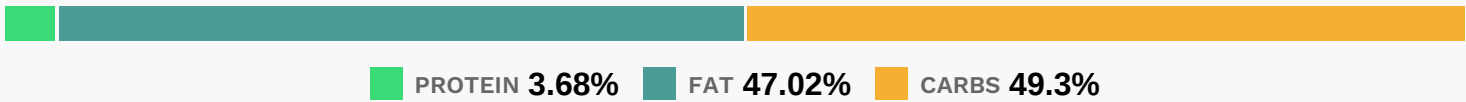
## Equipment

- ☐ bowl
- ☐ oven
- ☐ ramekin

## Directions

- ☐ Cook sweet potato in boiling water to cover 15 minutes or until tender; drain.
- ☐ Combine sweet potato and 3 tablespoons margarine in a large bowl; mash.
- ☐ Add orange juice and next 5 ingredients; stir well. Spoon mixture into 4 lightly greased 8-ounce ramekins; set aside.
- ☐ Combine 1/4 cup brown sugar, flour, 1 1/2 tablespoons margarine, and chopped pecans; sprinkle evenly over sweet potato mixture in ramekins.
- ☐ Bake, uncovered, at 350 for 20 minutes or until bubbly.

## Nutrition Facts



## Properties

Glycemic Index:66.25, Glycemic Load:18.11, Inflammation Score:-10, Nutrition Score:15.19478260175%

## Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 439.61kcal (21.98%), Fat: 23.17g (35.65%), Saturated Fat: 6.55g (40.92%), Carbohydrates: 54.69g (18.23%), Net Carbohydrates: 49.38g (17.96%), Sugar: 27.06g (30.07%), Cholesterol: 16.81mg (5.6%), Sodium: 385.55mg (16.76%), Alcohol: 0.98g (100%), Alcohol %: 0.51% (100%), Protein: 4.08g (8.15%), Vitamin A: 22075.28IU (441.51%), Manganese: 0.73mg (36.58%), Vitamin C: 19.29mg (23.38%), Fiber: 5.31g (21.23%), Potassium: 641.79mg (18.34%), Vitamin B6: 0.35mg (17.72%), Copper: 0.34mg (16.89%), Vitamin B1: 0.22mg (14.45%), Vitamin B5: 1.4mg (14%), Magnesium: 53.04mg (13.26%), Phosphorus: 110.91mg (11.09%), Vitamin B2: 0.16mg (9.27%), Folate: 33.42µg (8.35%), Calcium: 82.29mg (8.23%), Iron: 1.42mg (7.88%), Vitamin E: 1.12mg (7.49%), Vitamin B3: 1.24mg (6.21%), Zinc: 0.84mg (5.58%), Selenium: 2.8µg (4%), Vitamin K: 3.45µg (3.28%), Vitamin D: 0.24µg (1.59%)