



Orange Sweet Potato Souffle

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.5 cup egg substitute frozen thawed
- ☐ 3 egg whites
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 tablespoon orange juice concentrate frozen undiluted thawed
- ☐ 0.3 teaspoon salt

- ☐ 0.8 cup evaporated skimmed milk
- ☐ 2 cups sweet potatoes and into cubed peeled
- ☐ 1 tablespoon triple sec orange-flavored

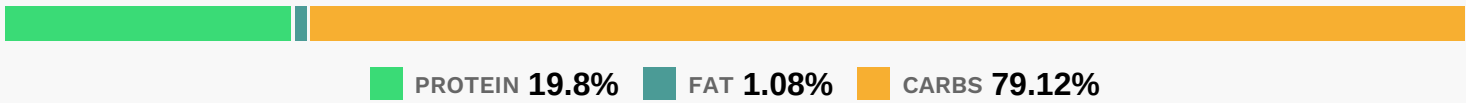
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Cook sweet potato in boiling water to cover 15 minutes or until tender; drain.
- ☐ Transfer sweet potato to a large bowl. Beat at medium speed of an electric mixer until smooth.
- ☐ Add milk and next 8 ingredients; beat at low speed until blended.
- ☐ Beat egg whites at high speed of an electric mixer until stiff peaks form. Fold one-third of beaten egg whites into sweet potato mixture; fold in remaining egg whites. Spoon mixture into an ungreased 2-quart souffle dish.
- ☐ Bake, uncovered, at 325 for 55 minutes or until golden.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.21, Glycemic Load:4.93, Inflammation Score:-10, Nutrition Score:10.003478267918%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 113.41kcal (5.67%), Fat: 0.13g (0.2%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 21.89g (7.3%), Net Carbohydrates: 20.39g (7.41%), Sugar: 14.36g (15.96%), Cholesterol: 0.92mg (0.31%), Sodium: 201.63mg (8.77%), Alcohol: 0.65g (100%), Alcohol %: 0.66% (100%), Protein: 5.48g (10.95%), Vitamin A: 6407.86IU (128.16%), Selenium: 12.28µg (17.54%), Vitamin B2: 0.22mg (12.65%), Potassium: 298.81mg (8.54%), Vitamin B5: 0.85mg (8.51%), Manganese: 0.16mg (8.12%), Calcium: 80.93mg (8.09%), Vitamin B6: 0.15mg (7.43%), Phosphorus: 72.75mg (7.27%), Fiber: 1.5g (5.99%), Vitamin C: 4.81mg (5.83%), Vitamin B1: 0.08mg (5.58%), Magnesium: 21.65mg (5.41%), Vitamin D: 0.66µg (4.38%), Iron: 0.78mg (4.35%), Vitamin B12: 0.26µg (4.32%), Copper: 0.08mg (4.23%), Zinc: 0.49mg (3.24%), Vitamin E: 0.45mg (3.01%), Folate: 11.41µg (2.85%), Vitamin B3: 0.38mg (1.88%)