

# Pineapple Sweet Potato Bake

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



489 kcal

SIDE DISH

## Ingredients

- 0.5 cup butter cubed
- 2 tablespoons cornstarch
- 8 servings ground cinnamon
- 16 maraschino cherries
- 20 ounces pineapple chunks canned
- 1 cup sugar
- 4.5 pounds sweet potatoes and into

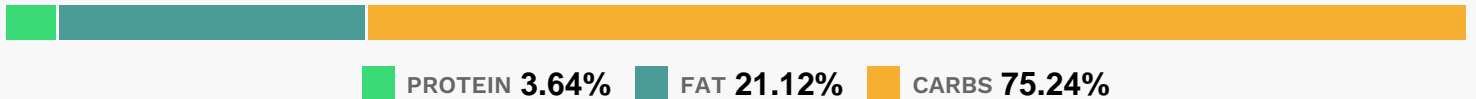
## Equipment

- sauce pan
- oven
- baking pan
- dutch oven

## Directions

- Place sweet potatoes in a Dutch oven or large kettle and cover with water. Bring to a boil. Reduce heat; cover and simmer for 30–45 minutes or until tender.
- Drain; cool slightly. Peel and cut each potato lengthwise into quarters; cut each quarter into two or three wedges.
- Place in a greased 13-in. x 9-in. baking dish.
- Drain pineapple, reserving juice.
- Sprinkle pineapple over potatoes. In a saucepan. combine sugar and cornstarch. Stir in the reserved pineapple juice until blended.
- Add butter. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Pour over potatoes and pineapple. Top with cherries; sprinkle with cinnamon.
- Bake, uncovered, at 350° for 30–35 minutes or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:22.89, Glycemic Load:42.82, Inflammation Score:-10, Nutrition Score:18.750000182701%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 488.98kcal (24.45%), Fat: 11.84g (18.21%), Saturated Fat: 7.36g (45.97%), Carbohydrates: 94.91g (31.64%), Net Carbohydrates: 84.93g (30.88%), Sugar: 49.65g (55.17%), Cholesterol: 30.5mg (10.17%), Sodium: 233.29mg

(10.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.19%), Vitamin A: 36597.91IU (731.96%), Manganese: 1.01mg (50.54%), Fiber: 9.98g (39.9%), Vitamin B6: 0.59mg (29.52%), Potassium: 962.41mg (27.5%), Copper: 0.48mg (24.25%), Vitamin B5: 2.07mg (20.69%), Magnesium: 76.36mg (19.09%), Vitamin B1: 0.27mg (18.16%), Vitamin C: 12.86mg (15.59%), Phosphorus: 130.12mg (13.01%), Calcium: 117.02mg (11.7%), Iron: 1.99mg (11.05%), Vitamin B2: 0.18mg (10.64%), Vitamin B3: 1.66mg (8.28%), Folate: 32.16µg (8.04%), Vitamin E: 1.06mg (7.05%), Vitamin K: 6.86µg (6.53%), Zinc: 0.92mg (6.1%), Selenium: 2.24µg (3.21%)