



Pineapple-Topped Sweet Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



141 kcal

SIDE DISH

Ingredients

- 2 medium sweet potatoes and into
- 0.3 cup pineapple rings crushed drained (from 8-oz can)
- 1 tablespoon sunflower seeds
- 2 tablespoons brown sugar packed

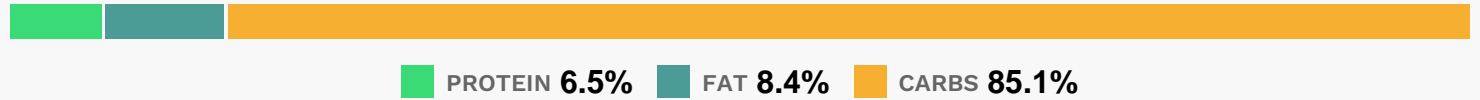
Equipment

- oven
- baking pan
- pie form

Directions

- Heat oven to 375°F. Scrub potatoes; prick all over with fork.
- Place in shallow baking pan or pie pan (do not use glass).
- Bake 55 to 65 minutes or until tender.
- Set oven control to broil.
- Cut potatoes lengthwise in half. Mash cut sides slightly with fork. Spoon pineapple over cut sides of potatoes. Top with sunflower nuts and brown sugar.
- Broil with tops 4 to 6 inches from heat 2 to 3 minutes or until brown sugar is bubbly.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:11.28, Inflammation Score:-10, Nutrition Score:10.811739040458%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 141.37kcal (7.07%), Fat: 1.36g (2.09%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 30.88g (10.29%), Net Carbohydrates: 27.13g (9.87%), Sugar: 12.22g (13.58%), Cholesterol: 0mg (0%), Sodium: 64.17mg (2.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Vitamin A: 16038.22IU (320.76%), Manganese: 0.34mg (17.21%), Fiber: 3.75g (15.01%), Vitamin B6: 0.28mg (14.04%), Potassium: 418.94mg (11.97%), Copper: 0.23mg (11.53%), Magnesium: 38.61mg (9.65%), Vitamin B5: 0.94mg (9.4%), Vitamin B1: 0.14mg (9.11%), Vitamin E: 1.18mg (7.84%), Phosphorus: 70.64mg (7.06%), Iron: 0.89mg (4.97%), Vitamin B2: 0.08mg (4.72%), Folate: 18.73µg (4.68%), Vitamin C: 3.81mg (4.62%), Vitamin B3: 0.88mg (4.38%), Calcium: 42.64mg (4.26%), Zinc: 0.48mg (3.18%), Selenium: 2.12µg (3.03%), Vitamin K: 2.11µg (2.01%)