



## Praline Whipped Sweet Potatoes

 Vegetarian

READY IN



50 min.

SERVINGS



10

CALORIES



248 kcal

SIDE DISH

### Ingredients

- 0.3 cup firmly brown sugar packed
- 2 Tbsp butter softened
- 4 oz philadelphia cream cheese softened ( )
- 1 tsp ground cinnamon divided
- 2 cups maple-pecan grain cereal flakes whole
- 3.5 lb sweet potatoes

### Equipment

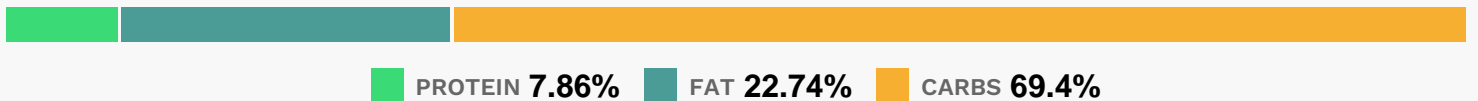
- bowl

- oven
- ziploc bags
- microwave
- rolling pin

## Directions

- Preheat oven to 400F. Prick potatoes with fork, then microwave on HIGH 15 to 20 min. or until tender.
- Remove from oven; cool 5 min.
- Cut each potato lengthwise in half; carefully scoop potato flesh into medium bowl, reserving potato shells for later use. Mash potatoes until smooth.
- Add cream cheese and 1/2 tsp. of the cinnamon; mix until well blended. Spoon evenly into potato shells.
- Place cereal in resealable plastic bag; gently crush with hands or a rolling pin.
- Mix with brown sugar, butter and remaining 1/2 tsp. cinnamon.
- Sprinkle evenly over potatoes.
- Bake 15 min. or until potatoes are heated through and streusel topping is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:14, Glycemic Load:15.94, Inflammation Score:-10, Nutrition Score:13.342173897702%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 247.77kcal (12.39%), Fat: 6.33g (9.75%), Saturated Fat: 3.79g (23.67%), Carbohydrates: 43.49g (14.5%), Net Carbohydrates: 38.18g (13.88%), Sugar: 14.54g (16.16%), Cholesterol: 17.56mg (5.85%), Sodium: 171.55mg

(7.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.85%), Vitamin A: 22746.93IU (454.94%), Manganese: 0.46mg (22.99%), Fiber: 5.31g (21.24%), Vitamin B6: 0.42mg (21.05%), Potassium: 559.1mg (15.97%), Vitamin B1: 0.24mg (15.8%), Vitamin B5: 1.35mg (13.46%), Vitamin B2: 0.21mg (12.28%), Copper: 0.25mg (12.26%), Magnesium: 41.42mg (10.35%), Iron: 1.64mg (9.12%), Phosphorus: 87.82mg (8.78%), Calcium: 82.48mg (8.25%), Folate: 28.64µg (7.16%), Vitamin C: 5.82mg (7.05%), Vitamin B3: 1.4mg (7.01%), Vitamin E: 0.58mg (3.88%), Zinc: 0.54mg (3.61%), Vitamin K: 3.38µg (3.21%), Selenium: 2.03µg (2.9%)