



## Savory Sweet Potato Bake



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



260 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 teaspoon cinnamon
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup evaporated milk
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.1 teaspoon nutmeg
- ☐ 8 servings salt
- ☐ 3 pounds sweet potatoes peeled cut into 2-inch chunks
- ☐ 4 tablespoons butter unsalted cut into pieces

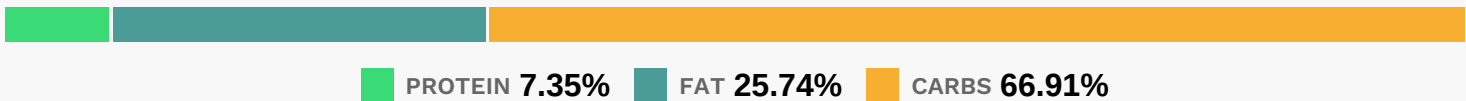
## Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ hand mixer

## Directions

- ☐ Preheat oven to 350F. Butter an 8-inch baking dish.
- ☐ Place potatoes and 1 tsp. salt in a large pot and cover with water; bring to a boil. Cook until potatoes are tender, 15 minutes.
- ☐ Drain.
- ☐ Place potatoes in a large bowl and whip with an electric mixer until smooth and light.
- ☐ Add sugar, eggs, cinnamon, nutmeg, 1/2 tsp. salt, evaporated milk and butter; beat until smooth.
- ☐ Pour sweet potato mixture into prepared dish and bake until golden and slightly puffed, 35 to 40 minutes.
- ☐ Let stand 10 minutes, then serve warm.

## Nutrition Facts



## Properties

Glycemic Index:16.63, Glycemic Load:16.9, Inflammation Score:-10, Nutrition Score:13.674347846404%

## 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: 260.29kcal (13.01%), Fat: 7.56g (11.63%), Saturated Fat: 4.39g (27.42%), Carbohydrates: 44.22g (14.74%), Net Carbohydrates: 39.04g (14.2%), Sugar: 16.85g (18.73%), Cholesterol: 63.83mg (21.28%), Sodium: 316.8mg (13.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Vitamin A: 24393.33IU (487.87%), Manganese: 0.47mg (23.61%), Fiber: 5.18g (20.7%), Vitamin B6: 0.38mg (19.25%), Potassium: 628.9mg (17.97%), Vitamin B5: 1.62mg (16.23%), Copper: 0.27mg (13.67%), Phosphorus: 122.88mg (12.29%), Magnesium: 47.02mg (11.75%), Vitamin B2: 0.19mg (11.07%), Vitamin B1: 0.14mg (9.46%), Calcium: 89.3mg (8.93%), Iron: 1.35mg (7.5%), Selenium: 5.22µg (7.46%), Folate: 25.55µg (6.39%), Vitamin C: 4.24mg (5.14%), Vitamin E: 0.75mg (5.01%), Zinc: 0.74mg (4.96%), Vitamin B3: 0.99mg (4.94%), Vitamin K: 3.68µg (3.5%), Vitamin D: 0.36µg (2.42%), Vitamin B12: 0.14µg (2.26%)