



Scalloped Sweet Potatoes and Apples

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



262 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups apples cored peeled sliced
- 0.5 cup brown sugar
- 0.3 cup butter
- 1 teaspoon mace
- 0.5 teaspoon salt
- 6 sweet potatoes

Equipment

- bowl

- oven
- pot
- baking pan

Directions

- Place sweet potatoes in a large pot with enough water to cover, and bring to a boil. Boil until tender, then cool, peel, and cut into 1/4 inch slices.
- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- Arrange half the sweet potatoes in the bottom of the prepared baking dish.
- Layer half of the apples over the sweet potatoes. In a small bowl, mix together brown sugar, salt, and mace, then sprinkle half of the mixture over the apple layer. Dot with half the butter. Repeat layers of sweet potato and apple, and top with remaining brown sugar mixture and butter.
- Bake in the preheated oven for 50 minutes, until apples are tender and top is golden brown.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:17.69, Inflammation Score:-10, Nutrition Score:12.539130436985%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 262.26kcal (13.11%), Fat: 5.96g (9.17%), Saturated Fat: 3.71g (23.17%), Carbohydrates: 50.96g (16.99%), Net Carbohydrates: 45.26g (16.46%), Sugar: 22.86g (25.4%), Cholesterol: 15.25mg (5.08%), Sodium: 288.46mg (12.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.63%), Vitamin A: 24238.89IU (484.78%),

Manganese: 0.46mg (22.92%), Fiber: 5.7g (22.79%), Vitamin B6: 0.37mg (18.51%), Potassium: 617.47mg (17.64%), Vitamin B5: 1.4mg (13.96%), Copper: 0.28mg (13.75%), Magnesium: 45.34mg (11.33%), Vitamin B1: 0.14mg (9.16%), Phosphorus: 84.77mg (8.48%), Vitamin B2: 0.11mg (6.65%), Iron: 1.2mg (6.65%), Calcium: 66.09mg (6.61%), Vitamin C: 5.2mg (6.3%), Folate: 19.89µg (4.97%), Vitamin B3: 0.99mg (4.93%), Vitamin E: 0.65mg (4.32%), Vitamin K: 4.06µg (3.87%), Zinc: 0.53mg (3.56%), Selenium: 1.26µg (1.8%)