



Scalloped Sweet Potatoes with Apples



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup firmly brown sugar packed
- ☐ 3 granny smith apples
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup butter
- ☐ 1 tablespoon orange rind grated
- ☐ 1 teaspoon salt
- ☐ 3 large sweet potatoes

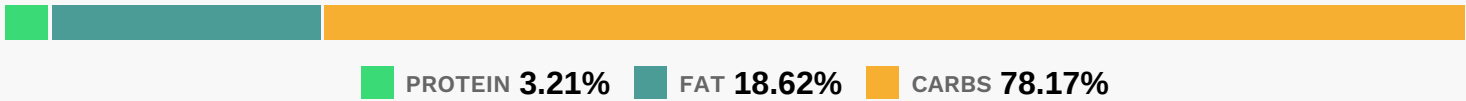
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook sweet potatoes in boiling water to cover 45 minutes; drain and cool slightly. Peel sweet potatoes, and cut into 1/4-inch-thick slices. Peel, core, and thinly slice apples into rings.
- ☐ Combine brown sugar and next 3 ingredients.
- ☐ Arrange half of potato slices and half of apple slices in a lightly greased 13- x 9-inch baking dish.
- ☐ Sprinkle with half of brown sugar mixture, and dot evenly with half of butter. Repeat procedure with remaining ingredients.
- ☐ Bake at 350 for 1 hour.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:15.15, Inflammation Score:-10, Nutrition Score:11.559565320935%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 275.56kcal (13.78%), Fat: 5.89g (9.07%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 55.66g (18.55%), Net Carbohydrates: 50.05g (18.2%), Sugar: 32.44g (36.04%), Cholesterol: 0mg (0%), Sodium: 434.2mg (18.88%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.57%), Vitamin A: 18382.54IU (367.65%), Fiber: 5.61g (22.44%), Manganese: 0.39mg (19.43%), Potassium: 535.3mg (15.29%), Vitamin B6: 0.31mg (15.25%), Copper: 0.22mg (11.1%), Vitamin B5: 1.1mg (10.99%), Magnesium: 37.6mg (9.4%), Vitamin C: 7.24mg (8.77%), Vitamin B1: 0.11mg (7.51%), Phosphorus: 70.13mg (7.01%), Calcium: 64.23mg (6.42%), Vitamin B2: 0.1mg (5.82%), Iron: 1.02mg (5.69%), Vitamin E: 0.68mg (4.53%), Folate: 16.58µg (4.15%), Vitamin B3: 0.81mg (4.03%), Vitamin K: 3.84µg (3.65%), Zinc: 0.42mg (2.81%), Selenium: 1.02µg (1.46%)