



## Slow-Cooker Sweet Potatoes with Applesauce

 **Gluten Free**  **Dairy Free**

READY IN



495 min.

SERVINGS



6

CALORIES



371 kcal

SIDE DISH

### Ingredients

- 2 lb sweet potatoes and into peeled cut into 1/2-inch cubes
- 1.5 cups apple sauce
- 0.7 cup brown sugar packed
- 3 tablespoons butter melted
- 1 teaspoon ground cinnamon
- 0.5 cup nuts toasted chopped





### Equipment

- slow cooker

## Directions

- Place sweet potatoes in 2- to 3 1/2-quart slow cooker.
- Mix remaining ingredients except nuts; spoon over potatoes.
- Cover and cook on low heat setting 6 to 8 hours or until potatoes are very tender.
- Sprinkle with nuts. This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

## Nutrition Facts

    
 **PROTEIN 4.84%**  **FAT 27.95%**  **CARBS 67.21%**

## Properties

Glycemic Index:15.44, Glycemic Load:15.6, Inflammation Score:-10, Nutrition Score:14.593043508413%

## Flavonoids

Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg 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: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

## Nutrients (% of daily need)

Calories: 370.97kcal (18.55%), Fat: 11.95g (18.38%), Saturated Fat: 2.03g (12.69%), Carbohydrates: 64.67g (21.56%), Net Carbohydrates: 58.2g (21.16%), Sugar: 35.77g (39.74%), Cholesterol: 0mg (0%), Sodium: 158.71mg (6.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.32%), Vitamin A: 21721.25IU (434.42%), Manganese: 0.71mg (35.58%), Fiber: 6.46g (25.86%), Copper: 0.41mg (20.54%), Vitamin B6: 0.38mg (18.96%), Potassium: 663.2mg (18.95%), Magnesium: 69.24mg (17.31%), Vitamin B5: 1.42mg (14.19%), Phosphorus: 129.11mg (12.91%), Vitamin B1: 0.16mg (10.57%), Iron: 1.71mg (9.49%), Calcium: 81.93mg (8.19%), Vitamin B2: 0.14mg (8.07%), Vitamin B3: 1.49mg (7.45%), Zinc: 0.94mg (6.28%), Folate: 24.8µg (6.2%), Vitamin C: 4.31mg (5.23%), Vitamin E: 0.72mg (4.77%), Vitamin K: 3.13µg (2.98%), Selenium: 1.39µg (1.99%)