

Soul Sweet 'Taters

 Vegetarian

READY IN



100 min.

SERVINGS



10

CALORIES



410 kcal

SIDE DISH

Ingredients

- 1 cup brown sugar dark packed
- 2 large eggs
- 0.5 cup flour all-purpose
- 1 cup granulated sugar
- 1 cup milk
- 1 cup pecans chopped
- 1 teaspoon salt
- 1.8 pounds sweet potatoes

- 6 tablespoons butter unsalted at room temperature
- 1 teaspoon vanilla extract

Equipment

- bowl
- oven
- baking pan
- potato masher
- pastry cutter

Directions

- Preheat the oven to 375 degrees F.
- Put the sweet potatoes on the oven rack and bake until fork-tender, about 45 minutes. When the potatoes are finished cooking, let cool slightly, about 5 minutes. Slice them open lengthwise and scrape out the flesh with a fork into a large bowl. Increase the oven temperature to 400 degrees F.
- Add the granulated sugar, milk, eggs, vanilla and salt to the bowl with the sweet potatoes. Mash the mixture with a potato masher until combined and slightly lumpy—you don't want it to be perfectly smooth.
- Now, in a separate bowl, mash the brown sugar, pecans, flour and butter with a pastry cutter or fork until thoroughly combined. The mixture should resemble a crumble.
- Spread the sweet potato mixture in a 14-cup oval-shaped baking dish and sprinkle the crumb mixture all over the top.
- Bake until golden brown, about 30 minutes.
- Photographs by Kang Kim

Nutrition Facts



PROTEIN 4.7% **FAT 33.78%** **CARBS 61.52%**

Properties

Glycemic Index:25.11, Glycemic Load:25.77, Inflammation Score:-10, Nutrition Score:13.188695617344%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 410.34kcal (20.52%), Fat: 15.84g (24.37%), Saturated Fat: 5.72g (35.73%), Carbohydrates: 64.89g (21.63%), Net Carbohydrates: 61.39g (22.32%), Sugar: 46.29g (51.44%), Cholesterol: 58.19mg (19.4%), Sodium: 307.12mg (13.35%), Alcohol: 0.14g (100%), Alcohol %: 0.1% (100%), Protein: 4.96g (9.92%), Vitamin A: 11570.44IU (231.41%), Manganese: 0.71mg (35.67%), Fiber: 3.5g (14%), Copper: 0.27mg (13.43%), Vitamin B1: 0.19mg (12.96%), Phosphorus: 118.85mg (11.88%), Vitamin B6: 0.23mg (11.54%), Potassium: 397.5mg (11.36%), Vitamin B2: 0.18mg (10.5%), Vitamin B5: 1.03mg (10.31%), Selenium: 6.97µg (9.96%), Magnesium: 39.53mg (9.88%), Calcium: 87.96mg (8.8%), Iron: 1.37mg (7.61%), Folate: 27.52µg (6.88%), Zinc: 0.98mg (6.51%), Vitamin B3: 0.99mg (4.95%), Vitamin E: 0.66mg (4.41%), Vitamin D: 0.59µg (3.96%), Vitamin B12: 0.23µg (3.92%), Vitamin C: 2.01mg (2.44%), Vitamin K: 2.49µg (2.37%)