



WHATSheATE



Southern Comfort Sweet Potatoes



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



10

CALORIES



350 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 3 eggs beaten
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup brown sugar light
- ☐ 0.3 cup orange juice
- ☐ 0.5 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup southern comfort liqueur

☐ 58 ounce sweet potatoes drained canned

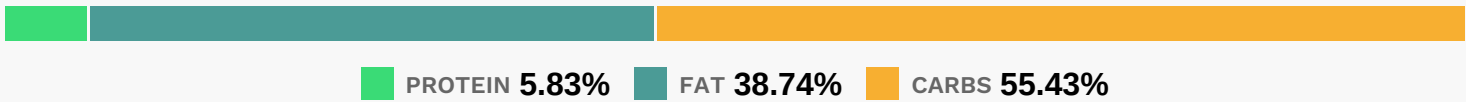
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place sweet potatoes in a large bowl. Beat with an electric mixer until light and fluffy.
- ☐ Mix in the butter, cinnamon, orange juice, eggs, salt, and liqueur.
- ☐ Transfer to a 2 quart casserole dish.
- ☐ Mix the pecans and brown sugar in a small bowl, and sprinkle evenly over the sweet potato mixture.
- ☐ Bake 30 to 40 minutes in the preheated oven, or until center is firm and edges are lightly browned.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:16.69, Inflammation Score:-10, Nutrition Score:14.758695757907%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg 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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 350.37kcal (17.52%), Fat: 14.48g (22.28%), Saturated Fat: 6.62g (41.35%), Carbohydrates: 46.61g (15.54%), Net Carbohydrates: 41.04g (14.92%), Sugar: 18.34g (20.38%), Cholesterol: 73.51mg (24.5%), Sodium: 243.46mg (10.59%), Alcohol: 3.07g (100%), Alcohol %: 1.74% (100%), Protein: 4.91g (9.81%), Vitamin A: 23698.25IU (473.96%), Manganese: 0.72mg (35.81%), Fiber: 5.57g (22.3%), Vitamin B6: 0.39mg (19.26%), Potassium: 625.31mg (17.87%), Copper: 0.33mg (16.59%), Vitamin B5: 1.6mg (16.04%), Magnesium: 51.31mg (12.83%), Phosphorus: 122.86mg (12.29%), Vitamin B1: 0.18mg (11.71%), Vitamin B2: 0.17mg (10.21%), Vitamin C: 7.11mg (8.62%), Iron: 1.48mg (8.23%), Selenium: 5.5µg (7.86%), Calcium: 75.11mg (7.51%), Folate: 27.81µg (6.95%), Zinc: 0.93mg (6.21%), Vitamin E: 0.91mg (6.09%), Vitamin B3: 1.03mg (5.17%), Vitamin K: 4.05µg (3.86%), Vitamin B12: 0.14µg (2.28%), Vitamin D: 0.26µg (1.76%)