



WHATSheATE



Spicy Candied Sweet Potatoes

READY IN



190 min.

SERVINGS



8

CALORIES



397 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 3 cups marshmallows miniature
- ☐ 2 tablespoons orange juice concentrate frozen thawed
- ☐ 0.5 cup pecans finely chopped
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 58 ounce cut sweet potatoes drained canned
- ☐ 6 tablespoons butter unsalted cut into small pieces

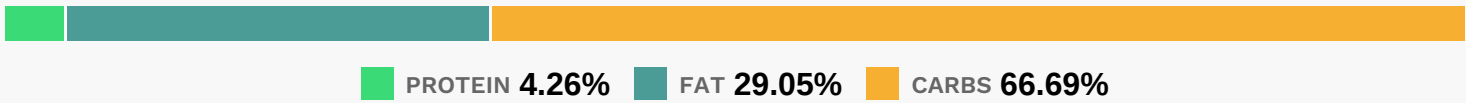
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Coat a 5-quart slow cooker with cooking spray. In a large bowl, stir together the sweet potatoes, pecans, butter and orange juice concentrate until combined. In a small bowl, stir together the brown sugar, pumpkin pie spice and cayenne pepper.
- ☐ Sprinkle over the sweet potato mixture and stir until combined. Spoon into the slow cooker.
- ☐ Cover and cook on low for 2 to 3 hours.
- ☐ Sprinkle the marshmallows over the top of the sweet potatoes in the slow cooker. Cover and cook on low for 15 more minutes, or until the marshmallows are melted.
- ☐ Photograph by Hallie Burton

Nutrition Facts



Properties

Glycemic Index:20.06, Glycemic Load:29.65, Inflammation Score:-10, Nutrition Score:16.112608663414%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 396.64kcal (19.83%), Fat: 13.19g (20.3%), Saturated Fat: 5.86g (36.63%), Carbohydrates: 68.14g (22.71%), Net Carbohydrates: 61.23g (22.27%), Sugar: 29.68g (32.98%), Cholesterol: 22.58mg (7.53%), Sodium: 132.3mg

(5.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.71%), Vitamin A: 29466.3IU (589.33%), Manganese: 0.9mg (44.94%), Fiber: 6.91g (27.63%), Vitamin B6: 0.46mg (23.02%), Potassium: 761.49mg (21.76%), Copper: 0.41mg (20.68%), Vitamin B5: 1.74mg (17.43%), Magnesium: 62.35mg (15.59%), Vitamin B1: 0.21mg (14.19%), Vitamin C: 10.53mg (12.76%), Phosphorus: 121.16mg (12.12%), Iron: 1.64mg (9.09%), Vitamin B2: 0.14mg (8.52%), Calcium: 81.59mg (8.16%), Folate: 27.6µg (6.9%), Vitamin B3: 1.3mg (6.52%), Zinc: 0.94mg (6.24%), Vitamin E: 0.92mg (6.1%), Vitamin K: 4.86µg (4.63%), Selenium: 2.07µg (2.96%), Vitamin D: 0.16µg (1.05%)