



## Streusel-Pecan Sweet Potatoes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



134 kcal

SIDE DISH

### Ingredients

- 2.5 cups water boiling
- 6 tablespoons butter melted
- 5.6 oz sweet potatoes and into mashed
- 0.5 teaspoon orange zest grated
- 0.3 teaspoon salt
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 0.3 cup brown sugar packed

- 3 tablespoons flour all-purpose
- 2 tablespoons butter softened
- 0.5 cup pecans chopped
- 2 cups frangelico

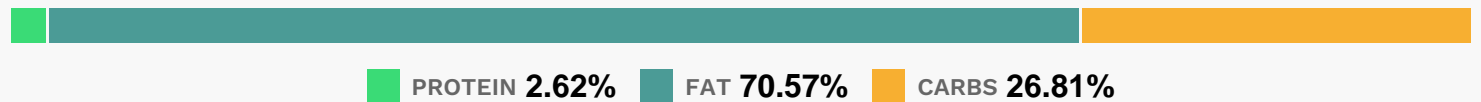
## Equipment

- bowl
- oven

## Directions

- Heat oven to 350°F. In 2-quart casserole, mix half-and-half, boiling water and melted butter.
- Add 2 pouches potatoes and remaining potatoes ingredients; stir well.
- In small bowl, mix brown sugar and flour. With fork, cut in 2 tablespoons butter until crumbly. Stir in pecans; sprinkle over top.
- Bake uncovered 28 to 30 minutes or until topping is golden.

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:2.38, Inflammation Score:-8, Nutrition Score:4.0439129730929%

## Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

## Nutrients (% of daily need)

Calories: 134.32kcal (6.72%), Fat: 10.88g (16.74%), Saturated Fat: 5.09g (31.84%), Carbohydrates: 9.3g (3.1%), Net Carbohydrates: 8.38g (3.05%), Sugar: 5.2g (5.78%), Cholesterol: 20.07mg (6.69%), Sodium: 119.54mg (5.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Vitamin A: 2113.21IU (42.26%), Manganese: 0.26mg

(13.14%), Copper: 0.09mg (4.4%), Vitamin B1: 0.06mg (3.72%), Fiber: 0.92g (3.69%), Magnesium: 10.43mg (2.61%), Phosphorus: 23.38mg (2.34%), Potassium: 74.06mg (2.12%), Vitamin E: 0.32mg (2.11%), Vitamin B6: 0.04mg (2.02%), Zinc: 0.28mg (1.83%), Iron: 0.32mg (1.79%), Vitamin B5: 0.17mg (1.7%), Folate: 6.27µg (1.57%), Vitamin B2: 0.03mg (1.56%), Calcium: 15.61mg (1.56%), Selenium: 1.04µg (1.48%), Vitamin B3: 0.25mg (1.24%), Vitamin K: 1.07µg (1.02%)