



Streusel-Pecan Sweet Potatoes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



187 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons butter softened
- ☐ 6 tablespoons butter melted
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 2 cups half and half
- ☐ 0.5 teaspoon orange zest grated

- ☐ 0.5 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 5.6 oz sweet potatoes and into mashed
- ☐ 2.5 cups water boiling

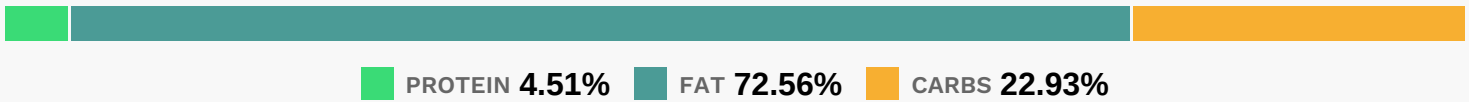
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 350F. 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:5.2504347199979%

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: 187.16kcal (9.36%), Fat: 15.52g (23.87%), Saturated Fat: 7.93g (49.56%), Carbohydrates: 11.04g (3.68%), Net Carbohydrates: 10.11g (3.68%), Sugar: 6.87g (7.63%), Cholesterol: 34.18mg (11.39%), Sodium: 144.14mg (6.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Vitamin A: 2255.99IU (45.12%), Manganese:

0.26mg (13.16%), Phosphorus: 61.7mg (6.17%), Vitamin B2: 0.1mg (6.16%), Calcium: 58.77mg (5.88%), Copper: 0.09mg (4.58%), Vitamin B1: 0.07mg (4.52%), Fiber: 0.92g (3.69%), Potassium: 127.3mg (3.64%), Magnesium: 14.46mg (3.62%), Selenium: 2.33µg (3.33%), Vitamin B6: 0.06mg (3.03%), Zinc: 0.43mg (2.88%), Vitamin B5: 0.29mg (2.87%), Vitamin E: 0.42mg (2.78%), Iron: 0.34mg (1.91%), Folate: 7.48µg (1.87%), Vitamin B12: 0.09µg (1.54%), Vitamin K: 1.59µg (1.52%), Vitamin B3: 0.29mg (1.46%), Vitamin C: 0.85mg (1.03%)