



WHATSheATE

Sweet-Potato and Orange Purée with Almond Streusel



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



300 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 0.3 cup unblanched almonds whole
- ☐ 2 tablespoons butter room temperature ()
- ☐ 2 tablespoons brown sugar packed ()
- ☐ 2 teaspoons hungarian paprika sweet
- ☐ 0.3 cup orange juice fresh
- ☐ 1.5 teaspoons orange peel grated

☐ 4 pounds red-skinned sweet potatoes (yams)

Equipment

☐ bowl

☐ oven

Directions

☐ Place all ingredients in processor in order listed. Using on/off turns, blend until small moist clumps form.

☐ Transfer to bowl. Cover and refrigerate at least 1 hour. (Can be made 2 days ahead. Keep refrigerated.)

☐ Preheat oven to 375°F. Pierce potatoes in several places with fork.

☐ Place directly on oven rack and bake until very tender, about 1 hour.

☐ Transfer to rack and cool. Peel potatoes; place flesh in large bowl and mash.

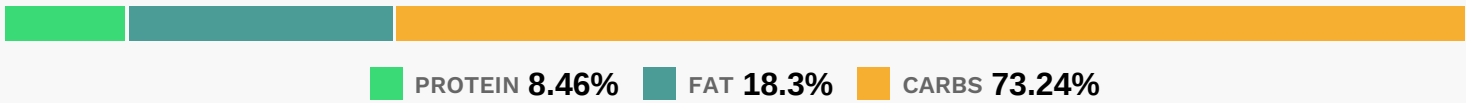
☐ Mix in orange juice, sugar, butter, and orange peel. Season with salt and pepper. Butter 13x9-inch oval gratin dish.

☐ Spread puree in dish; smooth top. (Puree can be made 1 day ahead. Cover and chill.)

☐ Preheat oven to 400°F. Scatter streusel over potatoes.

☐ Bake until puree is hot and streusel is crisp, about 40 minutes. Cool 5 minutes, then serve.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:3.49, Inflammation Score:-10, Nutrition Score:23.338260779238%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg

Naringenin: 0.25mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg
Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg,
Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 300.49kcal (15.02%), Fat: 6.29g (9.68%), Saturated Fat: 2.12g (13.27%), Carbohydrates: 56.61g (18.87%),
Net Carbohydrates: 48.01g (17.46%), Sugar: 18.8g (20.89%), Cholesterol: 7.53mg (2.51%), Sodium: 105.61mg
(4.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.08%), Vitamin A: 43941.73IU (878.83%),
Manganese: 1.31mg (65.51%), Vitamin C: 50.13mg (60.77%), Fiber: 8.6g (34.42%), Vitamin B6: 0.68mg (33.8%),
Potassium: 1164.22mg (33.26%), Vitamin E: 3.37mg (22.47%), Copper: 0.44mg (22.19%), Vitamin B5: 2.1mg
(20.97%), Vitamin B1: 0.31mg (20.49%), Vitamin B2: 0.34mg (20.28%), Magnesium: 80.92mg (20.23%), Vitamin B3:
4mg (19.98%), Phosphorus: 161.12mg (16.11%), Iron: 2.18mg (12.11%), Calcium: 109.21mg (10.92%), Folate: 29.35µg
(7.34%), Zinc: 0.98mg (6.53%), Vitamin K: 5.89µg (5.61%), Selenium: 2.58µg (3.69%)