



Sweet Potato and Prune Casserole

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



440 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 teaspoon ground cinnamon
- 0.8 cup honey
- 1 fluid ounce prune juice
- 2 tablespoons juice of lemon
- 0.3 cup pareve margarine melted
- 16 ounce stewed prunes
- 1 teaspoon salt
- 6 sweet potatoes

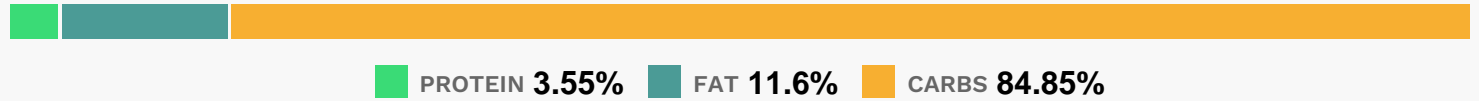
Equipment

- bowl
- baking sheet
- oven
- casserole dish

Directions

- Pierce sweet potatoes, and place on a baking sheet.
- Bake in a preheated 425 degrees F (220 degrees C) for 1 hour, or until tender. Cool until sweet potatoes can be easily handled. Peel, and cut into 1/4 inch thick slices.
- In a small bowl, combine honey, cinnamon, salt, lemon and prune juice, and melted margarine.
- Cut prunes in half, and remove pits. In a casserole dish, arrange alternating layers of potatoes and prunes. Spoon honey mixture over each layer.
- Bake at 350 degrees F (175 degrees C) for 45 minutes, basting occasionally with liquid in casserole dish.

Nutrition Facts



Properties

Glycemic Index:21.66, Glycemic Load:40.44, Inflammation Score:-10, Nutrition Score:17.891739072683%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 439.63kcal (21.98%), Fat: 6.04g (9.29%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 99.36g (33.12%), Net Carbohydrates: 89.81g (32.66%), Sugar: 56.29g (62.54%), Cholesterol: 0mg (0%), Sodium: 453.34mg (19.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Vitamin A: 24773.17IU (495.46%), Fiber: 9.55g (38.19%), Vitamin K: 39.04µg (37.19%), Manganese: 0.68mg (33.86%), Potassium: 1037.54mg (29.64%), Vitamin B6: 0.49mg (24.42%), Copper: 0.44mg (21.93%), Magnesium: 68.33mg (17.08%), Vitamin B5: 1.64mg (16.44%), Vitamin B2: 0.23mg (13.59%), Phosphorus: 124.66mg (12.47%), Vitamin B1: 0.16mg (10.98%), Vitamin B3: 2.13mg (10.63%), Iron: 1.75mg (9.72%), Calcium: 83.14mg (8.31%), Vitamin C: 6.06mg (7.35%), Vitamin E: 0.93mg (6.2%), Zinc: 0.85mg (5.67%), Folate: 22.53µg (5.63%), Selenium: 1.46µg (2.09%)