



WHATSheATE



Sweet Potato Bake



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



615 kcal

SIDE DISH

Ingredients

- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup brown sugar light packed
- ☐ 0.3 cup milk
- ☐ 8 servings salt
- ☐ 1 cup sugar
- ☐ 3 large sweet potatoes
- ☐ 0.5 lb butter unsalted at room temperature

- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ tongs

Directions

- ☐ In a large saucepot, cover sweet potatoes with cold water. Bring to a boil over medium-high heat and boil until sweet potatoes are tender and easily pierced with a knife, about 30 minutes. Using tongs, remove potatoes from water and set aside to cool. When potatoes are cool enough to handle, peel and mash them in a large bowl.
- ☐ Cut 1 stick of butter into equal pieces and place in bowl with warm mashed sweet potatoes.
- ☐ Add sugar, salt and vanilla extract and mix together well.
- ☐ Whisk in eggs and stir until mixture is well-combined and smooth. Stir in milk, 1 Tbsp. at a time, just until mixture is moist and no longer stiff (you may not use all of milk).
- ☐ Preheat oven to 350F and mist a 7-by-11-inch baking dish with nonstick cooking spray.
- ☐ Pour sweet potato mixture into baking dish and spread evenly. Melt second stick of butter. In a bowl, mix together nuts, flour and brown sugar.
- ☐ Sprinkle brown sugar mixture completely over potatoes and drizzle top all over with melted butter.
- ☐ Bake until topping is browned and crispy and sweet potato mixture is cooked through, 35 to 40 minutes.
- ☐ Serve hot.

Nutrition Facts



 **PROTEIN 3.87%**  **FAT 42.11%**  **CARBS 54.02%**

Properties

Glycemic Index:32.64, Glycemic Load:34.71, Inflammation Score:-10, Nutrition Score:15.105652249378%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 615.34kcal (30.77%), Fat: 29.5g (45.38%), Saturated Fat: 15.63g (97.66%), Carbohydrates: 85.14g (28.38%), Net Carbohydrates: 80.61g (29.31%), Sugar: 57.78g (64.2%), Cholesterol: 108.67mg (36.22%), Sodium: 296.94mg (12.91%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 6.1g (12.21%), Vitamin A: 18882.31IU (377.65%), Manganese: 0.66mg (32.86%), Fiber: 4.53g (18.1%), Copper: 0.35mg (17.44%), Vitamin B6: 0.35mg (17.44%), Potassium: 547.44mg (15.64%), Vitamin B5: 1.39mg (13.93%), Phosphorus: 136.62mg (13.66%), Vitamin B1: 0.2mg (13.19%), Magnesium: 50.97mg (12.74%), Vitamin B2: 0.21mg (12.55%), Selenium: 8.57µg (12.24%), Folate: 42.49µg (10.62%), Iron: 1.79mg (9.93%), Calcium: 96.15mg (9.61%), Vitamin E: 1.18mg (7.88%), Vitamin B3: 1.32mg (6.59%), Zinc: 0.9mg (6.02%), Vitamin D: 0.79µg (5.25%), Vitamin K: 4.57µg (4.35%), Vitamin C: 3.16mg (3.82%), Vitamin B12: 0.21µg (3.57%)