



Sweet Potato Balls

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



479 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 3 cups cornflakes cereal crushed
- 0.8 cup real maple syrup
- 10 large marshmallows
- 10 servings salt to taste
- 40 ounce sweet potatoes drained canned

Equipment

- oven

mixing bowl

baking pan

Directions

Drain sweet potatoes and put into large mixing bowl. Mash the potatoes with butter or margarine. Salt to taste.

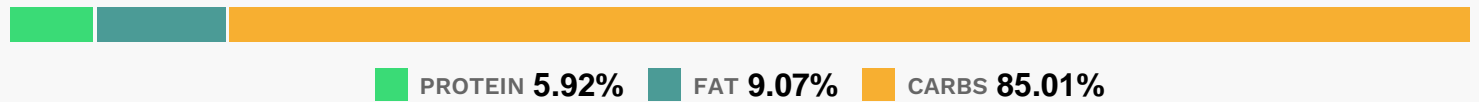
Hand pat mixture into 3 inch diameter balls.

Roll in crushed corn flakes and put into 9x12 inch greased baking dish.

Pour maple syrup evenly over all balls.

Bake at 325 degrees F (165 degrees C) for 40 minutes. The last fifteen minutes put a marshmallow over each ball.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:20.64, Inflammation Score:-10, Nutrition Score:36.294782597086%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 479.06kcal (23.95%), Fat: 4.96g (7.63%), Saturated Fat: 3.02g (18.9%), Carbohydrates: 104.47g (34.82%), Net Carbohydrates: 98.72g (35.9%), Sugar: 29.99g (33.32%), Cholesterol: 12.2mg (4.07%), Sodium: 817.84mg (35.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.28g (14.56%), Vitamin A: 17497.24IU (349.94%), Iron: 21.25mg (118.05%), Vitamin B2: 1.46mg (85.69%), Vitamin B6: 1.51mg (75.39%), Vitamin B1: 1.06mg (70.39%), Vitamin B3: 13.36mg (66.82%), Folate: 266.1µg (66.52%), Vitamin B12: 3.56µg (59.31%), Manganese: 0.97mg (48.42%), Fiber: 5.75g (23%), Vitamin C: 17.63mg (21.37%), Vitamin D: 2.56µg (17.03%), Copper: 0.32mg (15.94%), Potassium: 557.48mg (15.93%), Magnesium: 61.36mg (15.34%), Phosphorus: 127.61mg (12.76%), Vitamin B5: 1.08mg (10.76%), Selenium: 6.75µg (9.64%), Zinc: 1.23mg (8.18%), Calcium: 65.58mg (6.56%), Vitamin E: 0.51mg (3.41%), Vitamin K: 2.44µg (2.32%)