



Sweet Potato Balls

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



398 kcal

SIDE DISH

Ingredients

- 0.5 cup brown sugar packed
- 0.5 cup brown sugar packed
- 0.3 cup butter
- 0.8 cup oatmeal cornflakes crushed finely
- 12 large marshmallows
- 2 tablespoons milk
- 2 cups sweet potatoes and into mashed

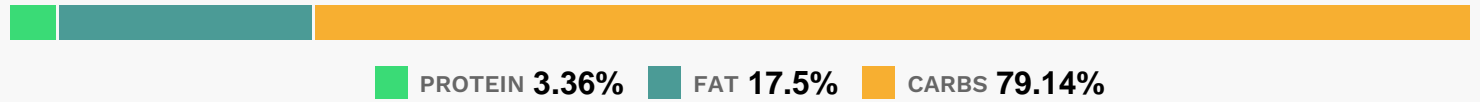
Equipment

- sauce pan
- oven
- baking pan

Directions

- Mold a spoonful of the sweet potatoes around each marshmallow; roll in cornflake crumbs.
- Place in a greased shallow 1-1/2-qt. baking dish.
- In a saucepan, bring brown sugar, butter and milk to a boil; pour over the balls.
- Bake, uncovered, at 350° for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:34.42, Glycemic Load:11.37, Inflammation Score:-10, Nutrition Score:17.69826087226%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 398.37kcal (19.92%), Fat: 8g (12.31%), Saturated Fat: 5g (31.28%), Carbohydrates: 81.38g (27.13%), Net Carbohydrates: 79.06g (28.75%), Sugar: 48.54g (53.93%), Cholesterol: 20.94mg (6.98%), Sodium: 324.16mg (14.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.91%), Vitamin A: 7062.22IU (141.24%), Iron: 9.11mg (50.62%), Vitamin B6: 0.64mg (32.04%), Vitamin B1: 0.43mg (28.95%), Vitamin B2: 0.49mg (28.64%), Vitamin B3: 5.6mg (28.01%), Folate: 111.24µg (27.81%), Vitamin B12: 1.52µg (25.36%), Manganese: 0.19mg (9.44%), Fiber: 2.32g (9.28%), Vitamin C: 7.27mg (8.82%), Copper: 0.16mg (7.82%), Vitamin D: 1.12µg (7.46%), Potassium: 258.32mg (7.38%), Magnesium: 26.99mg (6.75%), Phosphorus: 60.91mg (6.09%), Calcium: 54.05mg (5.41%), Selenium: 3.59µg (5.13%), Vitamin B5: 0.5mg (5.01%), Zinc: 0.47mg (3.16%), Vitamin E: 0.37mg (2.48%), Vitamin K: 1.48µg (1.4%)