



Sweet Potato Butter

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



4

CALORIES



383 kcal

SIDE DISH

Ingredients

- 6 cups sweet potatoes and into diced peeled
- 2 cups baking apples are apples that have a sweet-tart balance and hold their shape when diced peeled
- 4 cups water
- 0.7 cup orange juice concentrate
- 0.5 cup t brown sugar dark packed
- 1.5 teaspoons ground cinnamon
- 1 teaspoon nutmeg
- 0.3 teaspoon ground cloves

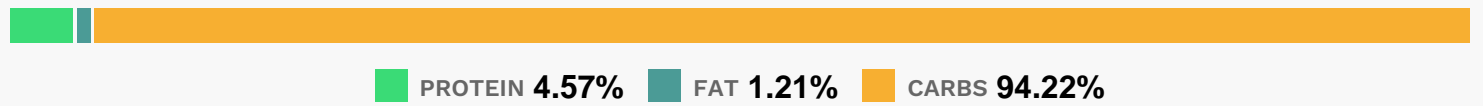
Equipment

- sauce pan
- blender

Directions

- In a heavy saucepan, combine all ingredients; mix well. Bring to a boil. Reduce heat; simmer, uncovered, for 2 to 2-1/4 hours or until mixture is thickened and about 1 cup of liquid remains, stirring occasionally.
- In a blender, process mixture in batches until smooth.
- Transfer to jars or containers. Chill for at least 2 hours before serving. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:22.2, Inflammation Score:-10, Nutrition Score:21.558695513269%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 383.44kcal (19.17%), Fat: 0.53g (0.82%), Saturated Fat: 0.22g (1.37%), Carbohydrates: 93.34g (31.11%), Net Carbohydrates: 84.83g (30.85%), Sugar: 55.73g (61.93%), Cholesterol: 0mg (0%), Sodium: 133.69mg (5.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.06%), Vitamin A: 28519.13IU (570.38%), Vitamin C: 76.34mg (92.53%), Manganese: 0.8mg (39.88%), Fiber: 8.5g (34.01%), Potassium: 1079.75mg (30.85%), Vitamin B6: 0.58mg (28.97%), Copper: 0.41mg (20.25%), Vitamin B1: 0.3mg (19.9%), Vitamin B5: 1.94mg (19.39%), Magnesium:

76.1mg (19.02%), Folate: 61µg (15.25%), Phosphorus: 132.29mg (13.23%), Vitamin B2: 0.22mg (13.04%), Calcium: 120.73mg (12.07%), Iron: 1.74mg (9.64%), Vitamin B3: 1.73mg (8.66%), Vitamin E: 0.94mg (6.29%), Vitamin K: 5.57µg (5.3%), Zinc: 0.76mg (5.06%), Selenium: 1.76µg (2.51%)