



Sweet Potato-Cashew Bake

 **Gluten Free**

READY IN



60 min.

SERVINGS



12

CALORIES



210 kcal

SIDE DISH

Ingredients

- 0.8 cup brown sugar packed
- 0.3 cup butter cut into pieces
- 0.5 cup cashew pieces coarsely chopped
- 0.3 teaspoon ground cinnamon
- 0.1 teaspoon ground ginger
- 0.1 teaspoon ground nutmeg
- 1 cup marshmallows miniature
- 0.5 teaspoon salt

- 5 sweet potatoes peeled cut into 1/2 inch slices

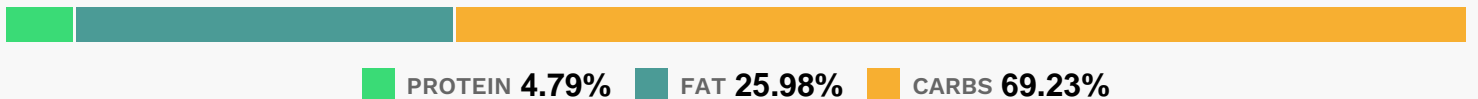
Equipment

- bowl
- oven
- pot
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking 9x13 inch baking dish.
- Place the sweet potatoes in a large pot, and fill with enough water to cover. Bring to a boil, and cook until a fork easily pierces the potatoes, about 10 minutes.
- Drain, and cool.
- Mix the brown sugar, cinnamon, ginger, nutmeg, and salt together in a bowl. Stir in the cashews.
- Arrange half the sweet potatoes over the bottom of the prepared baking dish.
- Sprinkle with half the brown sugar mixture. Top with half the butter pieces. Repeat with a second layer of sweet potatoes, brown sugar mixture, and remaining butter pieces.
- Bake in preheated oven until potatoes are glazed with the brown sugar mixture, about 30 minutes.
- Sprinkle mini marshmallows over the top, and return to the oven to bake until browned, about 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:22.39, Glycemic Load:11.77, Inflammation Score:-10, Nutrition Score:10.178260870602%

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, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 210.4kcal (10.52%), Fat: 6.26g (9.63%), Saturated Fat: 2.87g (17.97%), Carbohydrates: 37.51g (12.5%), Net Carbohydrates: 34.47g (12.53%), Sugar: 20g (22.22%), Cholesterol: 10.17mg (3.39%), Sodium: 186.94mg (8.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.19%), Vitamin A: 13477.76IU (269.56%), Manganese: 0.36mg (17.81%), Copper: 0.27mg (13.56%), Fiber: 3.04g (12.14%), Vitamin B6: 0.23mg (11.27%), Potassium: 372.99mg (10.66%), Magnesium: 40.76mg (10.19%), Vitamin B5: 0.82mg (8.24%), Phosphorus: 78.26mg (7.83%), Vitamin B1: 0.1mg (6.44%), Iron: 1.05mg (5.84%), Calcium: 43.45mg (4.35%), Zinc: 0.61mg (4.04%), Vitamin K: 3.87µg (3.69%), Vitamin B2: 0.06mg (3.66%), Vitamin B3: 0.6mg (3.02%), Folate: 12.04µg (3.01%), Vitamin C: 2.29mg (2.77%), Selenium: 1.93µg (2.76%), Vitamin E: 0.4mg (2.69%)