



Sweet Potato Cranberry Bake

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



354 kcal

SIDE DISH

Ingredients

- 4 large sweet potatoes and into
- 2 cups cranberries fresh
- 0.5 cup brown sugar packed
- 2 tablespoons butter melted
- 0.5 cup orange juice
- 0.5 cup walnut pieces chopped
- 0.3 cup brown sugar packed
- 0.5 teaspoon ground cinnamon

3 tablespoons butter cold

Equipment

bowl

oven

baking pan

dutch oven

Directions

Place sweet potatoes in a Dutch oven; cover with water. Bring to a boil. Reduce heat; cover and simmer until tender, 20–30 minutes.

Drain. When cool enough to handle, peel potatoes and cut into 1/4-in. slices.

Place half in a greased 2-1/2-qt. baking dish. Top with half of the cranberries, brown sugar and butter. Repeat layers.

Pour orange juice over top. Cover and bake at 350° for 30 minutes.

In a small bowl, combine the walnuts, brown sugar and cinnamon; cut in butter.

Sprinkle over sweet potato mixture.

Bake, uncovered, until topping is golden brown, about 10 minutes longer.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:18.75, Inflammation Score:-10, Nutrition Score:15.543043561604%

Flavonoids

Cyanidin: 11.81mg, Cyanidin: 11.81mg, Cyanidin: 11.81mg, Cyanidin: 11.81mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-

gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 1.72mg, Myricetin: 1.72mg, Myricetin: 1.72mg, Myricetin: 1.72mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 353.92kcal (17.7%), Fat: 12.01g (18.48%), Saturated Fat: 4.98g (31.14%), Carbohydrates: 60.16g (20.05%), Net Carbohydrates: 53.57g (19.48%), Sugar: 29.68g (32.98%), Cholesterol: 18.81mg (6.27%), Sodium: 156.35mg (6.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.22%), Vitamin A: 24384.39IU (487.69%), Manganese: 0.82mg (40.77%), Fiber: 6.59g (26.35%), Vitamin B6: 0.42mg (21.2%), Copper: 0.4mg (20.2%), Potassium: 686.22mg (19.61%), Vitamin C: 15.43mg (18.7%), Vitamin B5: 1.54mg (15.42%), Magnesium: 59.37mg (14.84%), Vitamin B1: 0.17mg (11.66%), Phosphorus: 113.59mg (11.36%), Iron: 1.5mg (8.32%), Calcium: 82.34mg (8.23%), Folate: 31.24µg (7.81%), Vitamin B2: 0.13mg (7.49%), Vitamin E: 1.04mg (6.9%), Vitamin B3: 1.14mg (5.72%), Zinc: 0.78mg (5.22%), Vitamin K: 5.17µg (4.93%), Selenium: 1.76µg (2.51%)