



Sweet Potato Cranberry Knots

 Dairy Free

READY IN



180 min.

SERVINGS



12

CALORIES



260 kcal

SIDE DISH

Ingredients

- ☐ 1 package yeast dry quick
- ☐ 0.3 cup butter softened
- ☐ 12 servings butter melted
- ☐ 0.5 cup cranberries dried
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.8 cup sweet potatoes and into packed in syrup (from 23-ounce can) mashed drained

- ☐ 0.8 cup water lukewarm (95°)
- ☐ 2.3 cups bread flour for bread flour

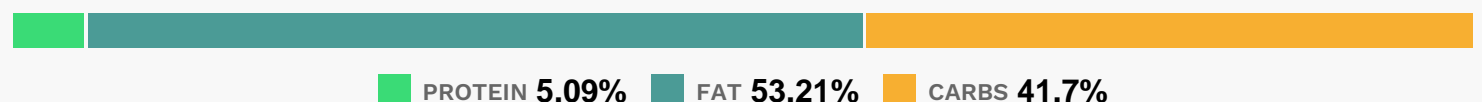
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Mix 1 cup of the flour, the sugar, salt, cinnamon and yeast in large bowl.
- ☐ Add 1/4 cup butter and the water. Beat with electric mixer on low speed 1 minute, scraping bowl frequently.
- ☐ Add sweet potatoes. Beat on medium speed 1 minute, scraping bowl frequently. Stir in cranberries and enough remaining flour, 1/2 cup at a time, to make dough easy to handle.
- ☐ Place dough on lightly floured surface. Knead about 5 minutes or until smooth and springy.
- ☐ Place dough in large bowl greased with shortening, turning dough to grease all sides. Cover and let rise in warm place 1 hour to 1 hour 30 minutes or until double. (Dough is ready if indentation remains when touched.)
- ☐ Heat oven to 37
- ☐ Spray cookie sheet with cooking spray. Gently push fist into dough to deflate. Divide dough into 12 equal pieces.
- ☐ Roll each piece into 8-inch rope; tie into knot.
- ☐ Place on cookie sheet.
- ☐ Brush knots with melted butter. Cover and let rise in warm place about 40 minutes or until double.
- ☐ Bake 14 to 20 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:14.75, Inflammation Score:-8, Nutrition Score:4.8769565302393%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 260.12kcal (13.01%), Fat: 15.58g (23.98%), Saturated Fat: 3.2g (19.98%), Carbohydrates: 27.48g (9.16%), Net Carbohydrates: 26.2g (9.53%), Sugar: 8.25g (9.16%), Cholesterol: 0mg (0%), Sodium: 376.79mg (16.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.71%), Vitamin A: 1849.95IU (37%), Selenium: 9.46µg (13.51%), Manganese: 0.24mg (11.87%), Vitamin B1: 0.09mg (6.13%), Folate: 22.49µg (5.62%), Vitamin E: 0.8mg (5.36%), Fiber: 1.28g (5.12%), Phosphorus: 35.12mg (3.51%), Copper: 0.06mg (3.2%), Vitamin B2: 0.05mg (3.04%), Vitamin B5: 0.27mg (2.75%), Vitamin B3: 0.55mg (2.74%), Magnesium: 9.22mg (2.3%), Potassium: 67.85mg (1.94%), Vitamin B6: 0.04mg (1.93%), Zinc: 0.28mg (1.86%), Iron: 0.3mg (1.69%), Calcium: 13.7mg (1.37%)