



WHATSheATE



## Sweet Potato Cranberry Knots



Dairy Free

READY IN



180 min.

SERVINGS



12

CALORIES



168 kcal

SIDE DISH

### Ingredients

- ☐ 2.3 cups bread flour for bread flour
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 package yeast dry quick
- ☐ 0.3 cup butter softened
- ☐ 0.8 cup water lukewarm (95°)
- ☐ 0.8 cup sweet potatoes and into packed in syrup (from 23-ounce can) mashed drained

- ☐ 0.5 cup cranberries dried
- ☐ 1 serving butter melted

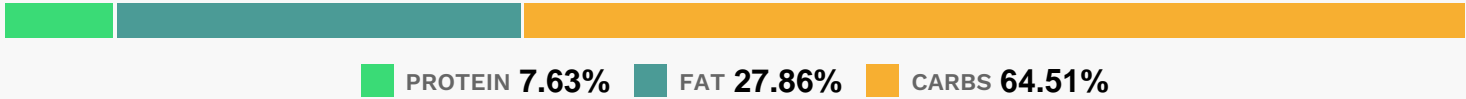
## Equipment

- ☐ 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 375°. 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:-7, Nutrition Score:4.2860869642185%

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: 167.85kcal (8.39%), Fat: 5.25g (8.08%), Saturated Fat: 1.05g (6.59%), Carbohydrates: 27.36g (9.12%), Net Carbohydrates: 26.08g (9.48%), Sugar: 8.25g (9.16%), Cholesterol: 0mg (0%), Sodium: 255.77mg (11.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.48%), Vitamin A: 1390.9IU (27.82%), Selenium: 9.46µg (13.51%), Manganese: 0.24mg (11.87%), Vitamin B1: 0.09mg (6.04%), Folate: 22.36µg (5.59%), Fiber: 1.28g (5.12%), Phosphorus: 32.17mg (3.22%), Copper: 0.06mg (3.2%), Vitamin B2: 0.05mg (2.76%), Vitamin B3: 0.55mg (2.73%), Vitamin E: 0.41mg (2.71%), Vitamin B5: 0.26mg (2.64%), Magnesium: 8.83mg (2.21%), Vitamin B6: 0.04mg (1.87%), Zinc: 0.28mg (1.86%), Potassium: 62.46mg (1.78%), Iron: 0.3mg (1.69%)