



Sweet Potato Crunch

 Dairy Free

READY IN



45 min.

SERVINGS



11

CALORIES



123 kcal

SIDE DISH

Ingredients

- 1 cup apple sauce
- 0.5 cup brown sugar packed
- 2 large egg whites at room temperature ()
- 1 large egg yolk
- 2 tablespoons flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1 tablespoon butter melted
- 0.5 teaspoon salt

- 5 cups sweet potatoes and into cubed peeled ()
- 1 teaspoon vanilla extract

Equipment

- food processor
- bowl
- oven

Directions

- Cook sweet potatoes in boiling water 15 minutes or until tender; drain well and cool. Preheat oven to 350
- Place potatoes and applesauce in a food processor; process until smooth.
- Add egg yolk, vanilla, salt, and cinnamon; process until smooth. Spoon into a bowl; set aside.
- Beat egg whites until stiff peaks form. Gently stir one-third of egg whites into potato mixture; gently fold in remaining egg whites. Spoon into a 1 1/2-quart souffl dish coated with cooking spray.
- Combine sugar, flour, and margarine; sprinkle over potato mixture.
- Bake at 350 for 35 minutes or until set.
- Note: Cover and refrigerate potato mixture, without topping, for up to 24 hours, if desired. Uncover, sprinkle with topping, and bake at 350 for 45 minutes.

Nutrition Facts

 PROTEIN **6.58%**  FAT **10.9%**  CARBS **82.52%**

Properties

Glycemic Index:12.55, Glycemic Load:6.76, Inflammation Score:-10, Nutrition Score:8.0699999772984%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:

0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 122.79kcal (6.14%), Fat: 1.51g (2.33%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 25.75g (8.58%), Net Carbohydrates: 23.61g (8.58%), Sugar: 14.41g (16.01%), Cholesterol: 16.69mg (5.56%), Sodium: 164.97mg (7.17%), Alcohol: 0.13g (100%), Alcohol %: 0.15% (100%), Protein: 2.05g (4.11%), Vitamin A: 8651.2IU (173.02%), Manganese: 0.2mg (9.79%), Fiber: 2.14g (8.57%), Vitamin B6: 0.14mg (7.16%), Potassium: 247.86mg (7.08%), Vitamin B5: 0.57mg (5.71%), Copper: 0.11mg (5.36%), Vitamin B2: 0.09mg (5.04%), Magnesium: 17.86mg (4.46%), Vitamin B1: 0.07mg (4.45%), Selenium: 3.08µg (4.4%), Phosphorus: 38.7mg (3.87%), Iron: 0.61mg (3.39%), Calcium: 31.34mg (3.13%), Folate: 12.43µg (3.11%), Vitamin B3: 0.46mg (2.28%), Vitamin C: 1.68mg (2.03%), Vitamin E: 0.27mg (1.83%), Zinc: 0.24mg (1.6%), Vitamin K: 1.24µg (1.18%)