



Sweet Potato Cups

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



437 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.8 teaspoon ground ginger
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 cup marshmallows miniature
- ☐ 4 large navel oranges
- ☐ 2 teaspoons orange zest

- ☐ 0.5 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 2.8 lb sweet potatoes
- ☐ 14 oz condensed milk sweetened canned
- ☐ 2 teaspoons vanilla extract

Equipment

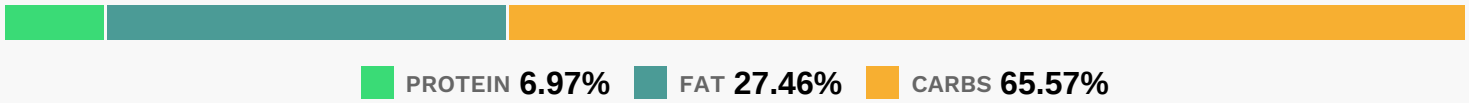
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 425
- ☐ Place sweet potatoes on an aluminum foil-lined baking sheet.
- ☐ Bake at 425 for 45 minutes or until tender.
- ☐ Let stand 20 minutes. Reduce oven temperature to 350
- ☐ Meanwhile, cut oranges in half crosswise. Scoop out pulp using a spoon, leaving peel intact. Reserve orange pulp for another use.
- ☐ Peel sweet potatoes, and place potato pulp in a large bowl.
- ☐ Add sweetened condensed milk and next 8 ingredients. Beat at medium speed with an electric mixer until smooth, stopping occasionally to remove any tough fibers, if necessary. Spoon about 1/2 cup mixture into each orange cup.
- ☐ Place orange cups in a 13- x 9-inch baking dish.
- ☐ Bake at 350 for 20 minutes.
- ☐ Remove from oven, and top with pecans and then with marshmallows, pressing lightly to adhere.

- ☐
- Bake 15 to 20 minutes or until marshmallows are melted and golden brown.
- ☐
- Note: Orange cups and sweet potatoes can be made 1 day ahead. Chill scooped orange cups and baked sweet potatoes in separate zip-top plastic bags until ready to assemble.

Nutrition Facts



Properties

Glycemic Index:41.19, Glycemic Load:35.06, Inflammation Score:-10, Nutrition Score:20.459130585194%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 436.56kcal (21.83%), Fat: 13.7g (21.07%), Saturated Fat: 5.9g (36.88%), Carbohydrates: 73.62g (24.54%), Net Carbohydrates: 66.63g (24.23%), Sugar: 43.47g (48.3%), Cholesterol: 28.16mg (9.39%), Sodium: 261.08mg (11.35%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Protein: 7.82g (15.64%), Vitamin A: 22563.53IU (451.27%), Vitamin C: 47.17mg (57.18%), Manganese: 0.8mg (40.24%), Fiber: 6.99g (27.95%), Potassium: 860.82mg (24.59%), Phosphorus: 236.13mg (23.61%), Calcium: 225.74mg (22.57%), Vitamin B6: 0.42mg (21.18%), Vitamin B2: 0.35mg (20.57%), Vitamin B5: 1.87mg (18.71%), Copper: 0.36mg (18.04%), Vitamin B1: 0.26mg (17.34%), Magnesium: 68.8mg (17.2%), Selenium: 8.81µg (12.58%), Folate: 48.34µg (12.08%), Zinc: 1.32mg (8.78%), Iron: 1.37mg (7.63%), Vitamin B3: 1.39mg (6.93%), Vitamin E: 0.81mg (5.39%), Vitamin B12: 0.23µg (3.79%), Vitamin K: 3.72µg (3.54%)