

# Sweet Potato Hash Brown Dessert

 Vegetarian

READY IN



42 min.

SERVINGS



6

CALORIES



340 kcal

SIDE DISH

## Ingredients

- 0.3 cup brown sugar
- 3 tablespoons butter
- 5 tablespoons powdered sugar
- 2 eggs lightly beaten
- 0.5 cup flour all-purpose
- 1 cup cooking oil for frying
- 2 large sweet potatoes and into shredded
- 1 tablespoon vanilla extract

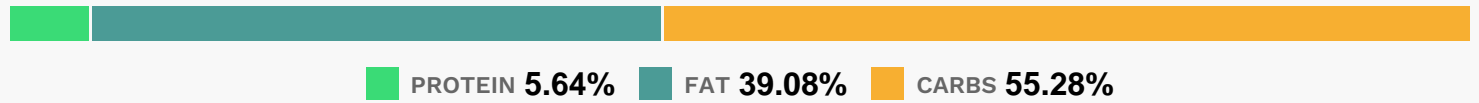
# Equipment

- bowl
- frying pan
- whisk
- colander

# Directions

- Place the shredded sweet potatoes into a colander and rinse with cold water; allow to dry.
- Whisk together the eggs, brown sugar, flour, and vanilla in a large bowl. Stir in the sweet potatoes; mix well. Form into small patties.
- Heat oil in a large skillet to 375 degrees F (190 degrees C). Fry patties in batches until lightly browned, about 3 minutes per side.
- Spread with butter; sprinkle with powdered sugar and serve hot.

# Nutrition Facts



# Properties

Glycemic Index:30.5, Glycemic Load:17.01, Inflammation Score:-10, Nutrition Score:12.930434734925%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 339.56kcal (16.98%), Fat: 14.7g (22.61%), Saturated Fat: 4.64g (29.02%), Carbohydrates: 46.78g (15.59%), Net Carbohydrates: 43.1g (15.67%), Sugar: 20.51g (22.79%), Cholesterol: 69.61mg (23.2%), Sodium: 131.27mg (5.71%), Alcohol: 0.75g (100%), Alcohol %: 0.47% (100%), Protein: 4.78g (9.55%), Vitamin A: 16332.73IU (326.65%), Manganese: 0.38mg (18.93%), Fiber: 3.68g (14.73%), Vitamin B6: 0.27mg (13.55%), Vitamin E: 1.92mg (12.83%), Selenium: 8.93µg (12.76%), Potassium: 430.53mg (12.3%), Vitamin B5: 1.2mg (11.98%), Vitamin B1: 0.18mg (11.78%), Vitamin B2: 0.19mg (11.37%), Copper: 0.2mg (10.15%), Folate: 38.72µg (9.68%), Phosphorus: 95.73mg (9.57%),

Magnesium: 33.61mg (8.4%), Iron: 1.5mg (8.36%), Vitamin K: 7.93µg (7.55%), Vitamin B3: 1.28mg (6.4%), Calcium: 53.37mg (5.34%), Zinc: 0.61mg (4.09%), Vitamin C: 2.72mg (3.3%), Vitamin B12: 0.14µg (2.37%), Vitamin D: 0.29µg (1.96%)