



## Sweet Potato Passover Souffle

 Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



289 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup brown sugar packed
- 1 eggs
- 1 pinch ground cinnamon
- 0.5 teaspoon ground ginger
- 0.5 teaspoon ground nutmeg
- 0.5 cup butter melted
- 2 matzo crackers crushed
- 3 tablespoons orange juice to taste

- 0.5 teaspoon salt
- 5 sweet potatoes sliced

## Equipment

- bowl
- sauce pan
- oven
- mixing bowl
- baking pan
- hand mixer
- broiler

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place the sweet potatoes into a large saucepan, cover with water, and bring to a boil. Gently boil over medium–low heat until tender, 15 to 25 minutes.
- Drain the sweet potatoes, peel, and mash in a large mixing bowl. Using an electric mixer, beat the sweet potatoes until fluffy, about 5 minutes. Beat in 1/3 cup of margarine, 1/2 cup brown sugar, orange juice, salt, 1 teaspoon cinnamon, ginger, nutmeg, and egg.
- Spread the mixture into the prepared baking dish.
- Beat in 1/3 cup of margarine, 1/2 cup brown sugar, orange juice, salt, cinnamon, ginger, nutmeg, and egg.
- Spread the mixture into a 9x13–inch baking dish.
- In a bowl, mix the crushed matzo, 1/2 cup margarine, 1/4 cup brown sugar, and 1 pinch cinnamon.
- Spread the topping evenly over the sweet potato mixture.
- Bake in the preheated oven until the topping is golden and bubbling, about 30 minutes. If the topping needs more browning, switch the oven to broil and brown under the broiler darker, about 3 minutes.

## Nutrition Facts



■ PROTEIN 5.2% ■ FAT 37.41% ■ CARBS 57.39%

## Properties

Glycemic Index:23.13, Glycemic Load:14.39, Inflammation Score:-10, Nutrition Score:12.458695650101%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 289.13kcal (14.46%), Fat: 12.18g (18.73%), Saturated Fat: 2.62g (16.37%), Carbohydrates: 42.02g (14.01%), Net Carbohydrates: 37.51g (13.64%), Sugar: 13.19g (14.66%), Cholesterol: 20.46mg (6.82%), Sodium: 366.67mg (15.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Vitamin A: 20589.31IU (411.79%), Manganese: 0.47mg (23.34%), Fiber: 4.52g (18.07%), Vitamin B6: 0.32mg (16.01%), Potassium: 521.52mg (14.9%), Vitamin B5: 1.28mg (12.79%), Copper: 0.23mg (11.48%), Magnesium: 39.98mg (10%), Vitamin B1: 0.15mg (9.81%), Phosphorus: 88.62mg (8.86%), Vitamin B2: 0.14mg (8.18%), Vitamin C: 6.61mg (8.01%), Selenium: 5.28µg (7.54%), Iron: 1.27mg (7.07%), Vitamin E: 0.87mg (5.81%), Calcium: 57.74mg (5.77%), Vitamin B3: 1.11mg (5.57%), Folate: 21.55µg (5.39%), Zinc: 0.56mg (3.7%), Vitamin K: 2.6µg (2.47%), Vitamin B12: 0.06µg (1.05%)