



Sweet Potato Pudding Cups

 Vegetarian  Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



402 kcal

DESSERT

Ingredients

- ☐ 23 oz sweet potatoes and into drained canned
- ☐ 0.3 cup brown sugar packed
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon nutmeg
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon ground cloves
- ☐ 2 eggs
- ☐ 14 oz condensed milk sweetened canned (not evaporated)

- ☐ 3 tablespoons pecans chopped
- ☐ 1 serving garnish: whipped cream sweetened

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ ramekin
- ☐ tongs
- ☐ pot holder

Directions

- ☐ Heat oven to 325°F. Grease 6 (6-oz) ovenproof custard cups or ramekins with butter or cooking spray.
- ☐ In blender or food processor, blend all ingredients except pecans and whipped cream until smooth.
- ☐ Pour into custard cups.
- ☐ In 13x9-inch pan, place filled custard cups. Carefully place pan with cups in oven.
- ☐ Pour enough very hot water into pan, being careful not to splash water into cups, until water is within 1/2 inch of tops of cups.
- ☐ Bake 30 minutes.
- ☐ Sprinkle tops of puddings with pecans.
- ☐ Bake 20 to 25 minutes longer or until tops are set. Using tongs or grasping tops of custard cups with pot holder, carefully transfer cups to cooling rack. Cool 30 minutes. Just before serving, top with whipped cream.

Nutrition Facts



Properties

Glycemic Index:43.17, Glycemic Load:32.9, Inflammation Score:-10, Nutrition Score:16.698695576709%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg 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, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 401.53kcal (20.08%), Fat: 11.16g (17.17%), Saturated Fat: 4.65g (29.05%), Carbohydrates: 68.26g (22.75%), Net Carbohydrates: 64.24g (23.36%), Sugar: 49.86g (55.4%), Cholesterol: 77.81mg (25.94%), Sodium: 264.47mg (11.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.33g (18.65%), Vitamin A: 15684.39IU (313.69%), Manganese: 0.64mg (31.88%), Phosphorus: 263.59mg (26.36%), Calcium: 245.34mg (24.53%), Vitamin B2: 0.42mg (24.48%), Selenium: 15.28µg (21.83%), Potassium: 669.52mg (19.13%), Vitamin B5: 1.65mg (16.5%), Fiber: 4.01g (16.06%), Vitamin B6: 0.3mg (15.09%), Magnesium: 54.14mg (13.54%), Copper: 0.25mg (12.7%), Vitamin B1: 0.18mg (12.33%), Zinc: 1.39mg (9.24%), Iron: 1.29mg (7.14%), Vitamin B12: 0.42µg (7.07%), Folate: 27.64µg (6.91%), Vitamin C: 4.41mg (5.34%), Vitamin E: 0.63mg (4.23%), Vitamin B3: 0.83mg (4.17%), Vitamin D: 0.43µg (2.86%), Vitamin K: 2.81µg (2.68%)