



Sweet Potato Pudding with Pecan and Gingersnap Topping

READY IN



135 min.

SERVINGS



12

CALORIES



243 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon cream of tartar
- ☐ 2 tablespoons t brown sugar dark packed ()
- ☐ 5 large egg whites
- ☐ 4 large egg yolk
- ☐ 0.8 cup gingersnaps coarsely chopped
- ☐ 0.8 cup half and half
- ☐ 0.5 cup orange juice
- ☐ 2 tablespoons orange marmalade

- ☐ 0.5 cup pecans toasted coarsely chopped
- ☐ 1.8 teaspoons pumpkin pie spice
- ☐ 3 pounds cubes red-skinned sweet potato scrubbed (yams; 3 large)
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons butter unsalted melted ()

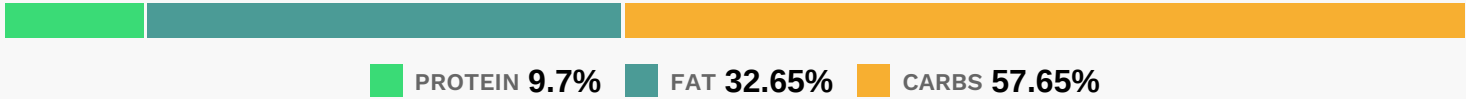
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Toss first 4 ingredients in medium bowl.
- ☐ Add butter; using fingertips, rub in until well blended. Cover; chill. DO AHEAD: Can be made 1 day ahead. Keep chilled.
- ☐ Preheat oven to 400°F. Roast potatoes on baking sheet until tender, 45 to 60 minutes. Cool.
- ☐ Cut in half lengthwise. Scoop flesh into bowl; mash.
- ☐ Transfer 4 cups potatoes to large bowl. DO AHEAD: Can be made 1 day ahead. Cover; chill. Bring to room temperature before continuing.
- ☐ Preheat oven to 350°F. Butter 13x9x2-inch baking dish.
- ☐ Add half and half and next 5 ingredients to potatoes. Using mixer, beat on low speed until blended. Season with salt and pepper.
- ☐ Add yolks 1 at a time, blending after each addition. Using clean dry beaters, beat whites in another large bowl until foamy.
- ☐ Add salt and cream of tartar. Beat until peaks form. Fold whites into potatoes; spoon into dish.
- ☐ Sprinkle with topping.
- ☐ Bake pudding until puffed and brown, about 45 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.17, Glycemic Load:0.57, Inflammation Score:-10, Nutrition Score:16.474782591281%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 243.49kcal (12.17%), Fat: 9.05g (13.92%), Saturated Fat: 3.29g (20.57%), Carbohydrates: 35.93g (11.98%), Net Carbohydrates: 31.55g (11.47%), Sugar: 14.5g (16.11%), Cholesterol: 71.51mg (23.84%), Sodium: 166.21mg (7.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.1%), Vitamin A: 22012.36IU (440.25%), Manganese: 0.91mg (45.69%), Vitamin C: 27.8mg (33.7%), Potassium: 665.92mg (19.03%), Vitamin B6: 0.37mg (18.74%), Fiber: 4.38g (17.52%), Vitamin B2: 0.27mg (15.94%), Copper: 0.27mg (13.65%), Vitamin B5: 1.33mg (13.29%), Vitamin B1: 0.19mg (12.51%), Phosphorus: 119.93mg (11.99%), Magnesium: 44.21mg (11.05%), Selenium: 7.26µg (10.37%), Vitamin B3: 2.05mg (10.24%), Iron: 1.61mg (8.96%), Calcium: 82.52mg (8.25%), Vitamin E: 1.18mg (7.88%), Folate: 26.69µg (6.67%), Zinc: 0.8mg (5.32%), Vitamin K: 3.42µg (3.26%), Vitamin B12: 0.16µg (2.59%), Vitamin D: 0.34µg (2.27%)