

Sweet Potato Puffs



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds sweet potatoes and into peeled cut into 1-inch pieces
- ☐ 0.3 cup butter softened
- ☐ 2 tablespoons brown sugar packed
- ☐ 0.5 teaspoon orange zest grated
- ☐ 0.3 teaspoon ground cardamom
- ☐ 2 eggs beaten
- ☐ 1 tablespoon butter melted
- ☐ 2 tablespoons candied ginger chopped

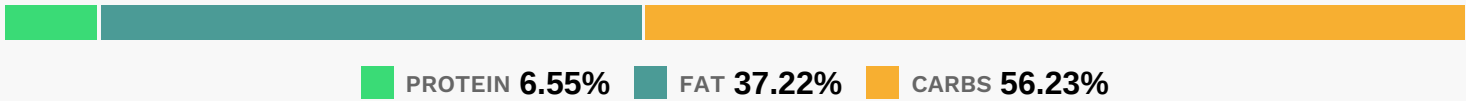
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Place sweet potatoes in 3–quart saucepan; add enough water to cover. Cover and heat to boiling; reduce heat. Simmer covered about 20 minutes or until tender; drain. Shake potatoes in saucepan over low heat to dry.
- ☐ Heat oven to 425°F. Mash potatoes in medium bowl until no lumps remain.
- ☐ Add remaining ingredients except 1 tablespoon butter and the ginger. Beat vigorously until potatoes are fluffy.
- ☐ Drop potatoes by 1/2 cupfuls onto ungreased cookie sheet, forming 8 mounds. (Or spoon potatoes into decorating bag and form 8 rosettes.)
- ☐ Brush 1 tablespoon melted butter over potatoes.
- ☐ Bake about 15 minutes or until hot.
- ☐ Sprinkle with ginger.

Nutrition Facts



Properties

Glycemic Index:7.88, Glycemic Load:11.26, Inflammation Score:-10, Nutrition Score:10.54478258672%

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, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 196.58kcal (9.83%), Fat: 8.23g (12.66%), Saturated Fat: 1.84g (11.51%), Carbohydrates: 27.96g (9.32%), Net Carbohydrates: 24.53g (8.92%), Sugar: 9.58g (10.65%), Cholesterol: 40.92mg (13.64%), Sodium: 162.62mg (7.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Vitamin A: 16464.05IU (329.28%), Manganese: 0.32mg (15.75%), Fiber: 3.43g (13.73%), Vitamin B6: 0.26mg (12.9%), Potassium: 406mg (11.6%), Vitamin B5: 1.09mg (10.88%), Copper: 0.18mg (9.05%), Phosphorus: 77.37mg (7.74%), Magnesium: 30.38mg (7.59%), Vitamin B2: 0.12mg (7.23%), Vitamin B1: 0.09mg (6.27%), Selenium: 4.09µg (5.85%), Iron: 0.92mg (5.08%), Calcium: 45.76mg (4.58%), Vitamin E: 0.68mg (4.57%), Folate: 17.8µg (4.45%), Vitamin C: 2.92mg (3.54%), Zinc: 0.49mg (3.25%), Vitamin B3: 0.65mg (3.24%), Vitamin K: 2.07µg (1.98%), Vitamin B12: 0.11µg (1.78%), Vitamin D: 0.22µg (1.47%)