



Sweet Potato Purée with Streusel Topping

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



541 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup flour all-purpose
- ☐ 0.8 cup brown sugar light packed ()
- ☐ 5 pounds sweet potatoes and into such as louisiana, jewel, or garnet yams
- ☐ 14 tablespoons butter unsalted softened ()

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

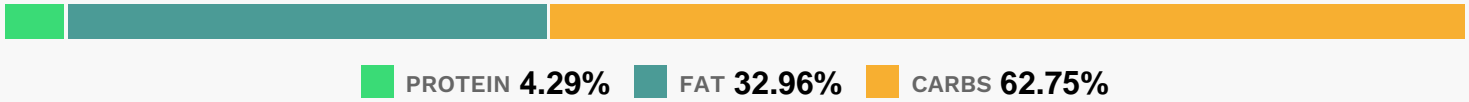
- ☐ baking pan
- ☐ hand mixer
- ☐ potato masher
- ☐ aluminum foil

Directions

- ☐ Position rack in center of oven and preheat to 400°F. Butter 9- by 13-inch baking dish or 2-quart casserole. Line rimmed baking sheet with aluminum foil.
- ☐ Pierce each potato with fork and transfer to baking sheet.
- ☐ Bake until tender, about 50 minutes. Cool until easy to handle.
- ☐ Meanwhile, make streusel: In medium bowl, combine flour, 3/4 cup brown sugar, and 1 stick butter. Rub mixture between fingertips until blended and crumbly. Set aside.
- ☐ Halve potatoes lengthwise and scoop out flesh into large bowl.
- ☐ Add remaining 1/3 cup brown sugar and 3/4 stick butter and mash with potato masher or, for a smoother purée, handheld electric mixer.
- ☐ Spread mixture in prepared dish and cool completely. (Streusel and purée can be made up to 2 days ahead and refrigerated, separately, covered.)
- ☐ Sprinkle streusel over potatoes.
- ☐ Bake until golden brown, about 40 minutes.
- ☐ Let stand 5 minutes before serving. (Completed dish can be prepared up to 1 day ahead and refrigerated, covered.
- ☐ Remove from refrigerator 1 hour before reheating and let come to room temperature.
- ☐ Bake, loosely covered with foil, until heated through, about 25 minutes.)
- ☐ Sweet potato purée with marshmallows: Omit streusel.
- ☐ Spread purée in baking dish, cover with foil, and bake until heated through, about 30 minutes.
- ☐ Sprinkle top with 3 cups miniature marshmallows and broil until marshmallows are lightly browned, about 1 minute.
- ☐ Serve immediately.
- ☐ •Most American cooks use the terms "sweet potato" and "yam" interchangeably, but there are actually three different types of vegetable referred to by these terms: The true sweet potato (also known as a boniato), available at Asian and Latino markets, has pale yellow flesh, skin

with a purplish cast, and a chestnutlike flavor that isn't sweet at all. The true yam, also called a ñame (NYAH-meh), is a large tuber with scaly brown skin that's a staple of Caribbean, African, and Hispanic cuisines. The familiar, bright-orange-fleshed tubers called for in this recipe are a third type, a variety of the sweet potato that are often called "yams" to distinguish them from yellow-fleshed "true" sweet potatoes. The Louisiana, jewel, or garnet varieties will all work well. •While some recipes for sweet potato purée call for boiling the potatoes, roasting gives a much sweeter, more concentrated flavor and drier texture.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:34.62, Inflammation Score:-10, Nutrition Score:19.246521791686%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 540.5kcal (27.03%), Fat: 20.13g (30.97%), Saturated Fat: 12.65g (79.09%), Carbohydrates: 86.23g (28.74%), Net Carbohydrates: 77.41g (28.15%), Sugar: 31.9g (35.45%), Cholesterol: 52.67mg (17.56%), Sodium: 164.63mg (7.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.79%), Vitamin A: 40831.72IU (816.63%), Manganese: 0.83mg (41.28%), Fiber: 8.82g (35.29%), Vitamin B6: 0.61mg (30.34%), Potassium: 1001.23mg (28.61%), Vitamin B5: 2.37mg (23.73%), Copper: 0.46mg (22.93%), Vitamin B1: 0.31mg (20.96%), Magnesium: 75.8mg (18.95%), Phosphorus: 152.6mg (15.26%), Vitamin B2: 0.24mg (14.07%), Iron: 2.42mg (13.47%), Folate: 53.57µg (13.39%), Vitamin B3: 2.3mg (11.52%), Calcium: 109.81mg (10.98%), Selenium: 6.17µg (8.81%), Vitamin E: 1.31mg (8.75%), Vitamin C: 6.8mg (8.25%), Vitamin K: 6.85µg (6.53%), Zinc: 0.96mg (6.41%), Vitamin D: 0.37µg (2.45%)