



Sweet Potato Souffle

 Vegetarian

READY IN



75 min.

SERVINGS



6

CALORIES



1096 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups butter softened
- ☐ 6 large eggs
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 teaspoon salt
- ☐ 0.5 cup self-rising flour
- ☐ 3 cups sugar
- ☐ 3 pounds sweet potatoes cubed

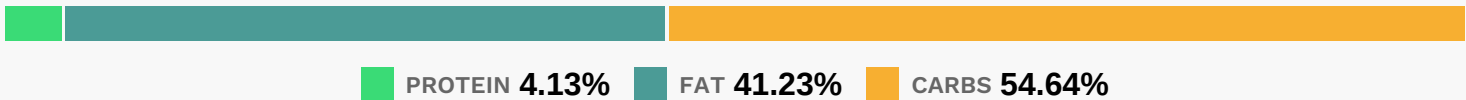
Equipment

- ☐ oven
- ☐ blender
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Boil the potatoes in water with 1 teaspoon of salt until tender.
- ☐ Drain the potatoes and cool to room temperature. Process the potatoes with remaining ingredients in a blender and pour into a greased 9 by 13-inch casserole pan.
- ☐ Bake in the oven for 1 hour or until set and lightly browned.

Nutrition Facts



Properties

Glycemic Index:53.35, Glycemic Load:97.25, Inflammation Score:-10, Nutrition Score:20.631739160289%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1096.47kcal (54.82%), Fat: 51.4g (79.08%), Saturated Fat: 30.81g (192.57%), Carbohydrates: 153.27g (51.09%), Net Carbohydrates: 146.16g (53.15%), Sugar: 109.55g (121.72%), Cholesterol: 308.01mg (102.67%), Sodium: 949.44mg (41.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.6g (23.19%), Vitamin A: 33864.25IU (677.29%), Manganese: 0.7mg (35.12%), Selenium: 22.02µg (31.45%), Fiber: 7.11g (28.43%), Vitamin B6: 0.56mg (28.24%), Vitamin B5: 2.69mg (26.89%), Potassium: 859.92mg (24.57%), Vitamin B2: 0.41mg (24.2%), Phosphorus: 229.46mg (22.95%), Copper: 0.41mg (20.27%), Magnesium: 66.57mg (16.64%), Vitamin E: 2.47mg (16.5%), Vitamin B1: 0.21mg (13.88%), Iron: 2.43mg (13.47%), Folate: 53.62µg (13.41%), Calcium: 113.37mg (11.34%), Zinc: 1.48mg (9.86%), Vitamin B12: 0.54µg (9.02%), Vitamin K: 8.26µg (7.87%), Vitamin B3: 1.43mg (7.15%), Vitamin D: 1µg (6.67%), Vitamin C: 5.45mg (6.6%)