



Sweet Potato Souffles

 Gluten Free

READY IN



57 min.

SERVINGS



12

CALORIES



384 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup brown sugar
- ☐ 0.5 cup butter softened (1 stick)
- ☐ 3 eggs
- ☐ 1 cup evaporated milk
- ☐ 2 cups marshmallow topping
- ☐ 1 cup pecans chopped
- ☐ 1 tablespoon pumpkin pie spice

- ☐ 1 pinch salt
- ☐ 48 ounce steam and mash sweet potatoes (recommended: Ore-Ida)

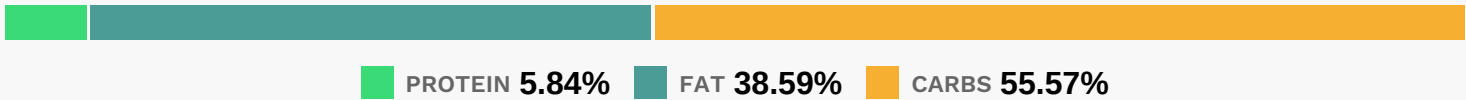
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ ramekin
- ☐ hand mixer
- ☐ broiler
- ☐ microwave

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F. Lightly spray 12 (6-ounce) ramekins with cooking spray. Divide the ramekins among 2 baking sheets and set aside.
- ☐ Cook sweet potatoes in the microwave according to package directions. Empty into a large mixing bowl, add butter and beat with a hand mixer until smooth.
- ☐ Mix the remaining ingredients (except marshmallow topping) and beat until well incorporated.
- ☐ Pour into prepared ramekins and bake in preheated oven for 30 minutes.
- ☐ Remove from the oven and top each souffle with a dollop of marshmallow topping. Brown the topping with a torch or place under the broiler until lightly browned.

Nutrition Facts



Properties

Glycemic Index:22.54, Glycemic Load:17.7, Inflammation Score:-10, Nutrition Score:14.609565221745%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg 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: 383.84kcal (19.19%), Fat: 16.99g (26.14%), Saturated Fat: 6.79g (42.45%), Carbohydrates: 55.04g (18.35%), Net Carbohydrates: 50.68g (18.43%), Sugar: 32.28g (35.86%), Cholesterol: 67.35mg (22.45%), Sodium: 285.69mg (12.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.57%), Vitamin A: 16440.13IU (328.8%), Manganese: 0.8mg (39.89%), Calcium: 181.38mg (18.14%), Fiber: 4.36g (17.45%), Phosphorus: 169.37mg (16.94%), Copper: 0.31mg (15.74%), Potassium: 529mg (15.11%), Vitamin B6: 0.3mg (14.77%), Vitamin B5: 1.32mg (13.23%), Magnesium: 48.74mg (12.18%), Vitamin B2: 0.2mg (11.86%), Vitamin B1: 0.16mg (10.93%), Iron: 1.52mg (8.46%), Selenium: 5.46µg (7.8%), Zinc: 1.09mg (7.24%), Folate: 22.03µg (5.51%), Vitamin E: 0.8mg (5.33%), Vitamin B3: 0.83mg (4.16%), Vitamin C: 3.34mg (4.05%), Vitamin K: 3.32µg (3.16%), Vitamin B12: 0.15µg (2.46%), Vitamin D: 0.24µg (1.61%)