



Sweet Potato Surprise



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 18 ounces sweet potatoes and into canned
- ☐ 1 tablespoon brown sugar packed
- ☐ 6 large marshmallows
- ☐ 1 tablespoon butter melted
- ☐ 0.3 cup oatmeal cornflakes

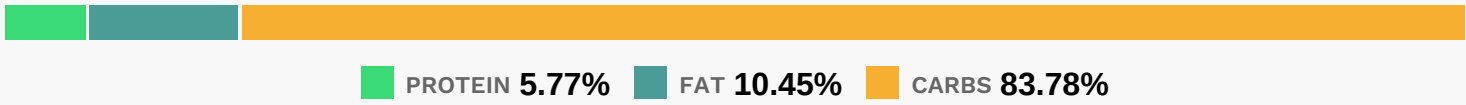
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐
- Heat oven to 450°. Grease bottom and sides of square pan, 8x8x2 inches, with shortening. Mash sweet potatoes and brown sugar. Shape 1/3 cup potato mixture around each marshmallow into a ball.
- ☐
- Brush 1 sweet potato ball at a time with butter; roll in cornflake crumbs to coat.
- ☐
- Place in pan.
- ☐
- Bake uncovered 8 to 10 minutes or until coating is light brown.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:11.88, Inflammation Score:-10, Nutrition Score:12.873913008234%

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: 166.7kcal (8.34%), Fat: 1.99g (3.06%), Saturated Fat: 0.42g (2.65%), Carbohydrates: 35.84g (11.95%), Net Carbohydrates: 32.85g (11.94%), Sugar: 10.78g (11.97%), Cholesterol: 0mg (0%), Sodium: 170.76mg (7.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Vitamin A: 12384.05IU (247.68%), Iron: 4.35mg (24.15%), Vitamin B6: 0.41mg (20.71%), Vitamin B1: 0.24mg (16.18%), Vitamin B2: 0.25mg (14.86%), Vitamin B3: 2.83mg (14.17%), Folate: 56.39µg (14.1%), Manganese: 0.24mg (12.17%), Fiber: 2.99g (11.97%), Vitamin B12: 0.66µg (10.99%), Potassium: 312.69mg (8.93%), Copper: 0.16mg (8.11%), Vitamin B5: 0.72mg (7.15%), Magnesium: 26.78mg (6.69%), Vitamin C: 4.81mg (5.83%), Phosphorus: 54.56mg (5.46%), Vitamin D: 0.47µg (3.15%), Calcium: 28.74mg (2.87%), Zinc: 0.39mg (2.6%), Selenium: 1.74µg (2.49%), Vitamin E: 0.31mg (2.06%), Vitamin K: 1.53µg (1.46%)