



## Sweet Potato Tsimis

 Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



324 kcal

SIDE DISH

### Ingredients

- 8 servings pepper black freshly ground
- 0.3 cup plus light
- 0.5 teaspoon rum dark
- 1 envelope gelatin powder
- 0.5 teaspoon ground cinnamon
- 0.3 cup honey
- 2 tablespoons blackstrap molasses
- 0.5 cup pecans lightly toasted coarsely chopped for 4 minutes

- 0.8 cup sugar
- 2 pounds sweet potatoes
- 2 tablespoons butter unsalted
- 0.5 teaspoon vanilla extract
- 0.3 cup water

## Equipment

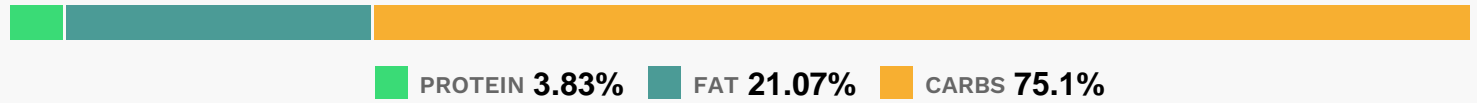
- bowl
- sauce pan
- oven
- whisk
- hand mixer
- candy thermometer

## Directions

- Preheat oven to 375 degrees F.
- Bake the sweet potatoes for 45 minutes. When cool enough to handle, skin potatoes, and mash together with the honey, butter, molasses, cinnamon, and pepper.
- Transfer mixture to a 2-quart casserole.
- Sprinkle on the pecans.
- Make Marshmallows: In a small bowl, soften the gelatin by stirring it into 1/4 cup of the water. Set aside. In a small saucepan, fitted with a candy thermometer, bring the remaining 1/4 cup of water, a 1/4 cup of corn syrup, and the sugar to 240 degrees F (soft ball stage).
- In the meantime, put the remaining 1/4 cup of corn syrup, vanilla, and rum in the bowl of an electric mixer fitted with the whisk attachment.
- Add the hot syrup to the bowl and whisk at high speed for 3 to 5 minutes until thickened. Set the gelatin over simmering water to melt.
- Add the gelatin to the syrup and continue whisking for 6 more minutes until white, fluffy and stiffened.

Top the casserole with a layer of marshmallow and bake at 350 degrees for 20 minutes, until heated through and browned on top.

## Nutrition Facts



## Properties

Glycemic Index:38.17, Glycemic Load:32.14, Inflammation Score:-10, Nutrition Score:12.136521772522%

## Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg 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: 323.67kcal (16.18%), Fat: 7.89g (12.14%), Saturated Fat: 2.24g (14.02%), Carbohydrates: 63.28g (21.09%), Net Carbohydrates: 59.12g (21.5%), Sugar: 44.38g (49.31%), Cholesterol: 7.53mg (2.51%), Sodium: 73.96mg (3.22%), Alcohol: 0.19g (100%), Alcohol %: 0.14% (100%), Protein: 3.23g (6.46%), Vitamin A: 16179.98IU (323.6%), Manganese: 0.72mg (36.06%), Fiber: 4.17g (16.68%), Copper: 0.31mg (15.26%), Vitamin B6: 0.29mg (14.4%), Potassium: 492.3mg (14.07%), Magnesium: 49.62mg (12.41%), Vitamin B5: 1.02mg (10.2%), Vitamin B1: 0.14mg (9.49%), Phosphorus: 75.59mg (7.56%), Iron: 1.18mg (6.58%), Calcium: 54.51mg (5.45%), Vitamin B2: 0.09mg (5.26%), Zinc: 0.74mg (4.96%), Vitamin B3: 0.78mg (3.88%), Folate: 14.58µg (3.64%), Selenium: 2.49µg (3.56%), Vitamin C: 2.85mg (3.46%), Vitamin E: 0.48mg (3.17%), Vitamin K: 2.73µg (2.6%)