



Sweet Potatoes and Marshmallows

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



662 kcal

SIDE DISH

Ingredients

- ☐ 2 cups brown sugar
- ☐ 2 tablespoons butter plus more for baking dish
- ☐ 1 optional: lemon seeded sliced
- ☐ 3 cups marshmallows
- ☐ 0.5 cup pecans chopped
- ☐ 2.5 pounds sweet potatoes
- ☐ 1.5 cups water

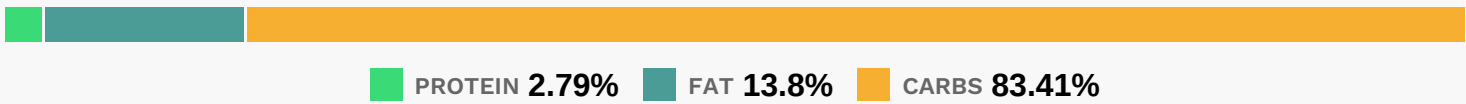
Equipment

- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat oven to 350 degrees F.
- ☐ In a large pot melt 2 tablespoons butter. Stir in brown sugar and water. Bring to a boil, then lower and simmer while stirring until reduced and thickened, about 10 minutes.
- ☐ Peel potatoes and cut lengthwise, then again making long quarters.
- ☐ Cut these into 1-inch pieces ending up with pie slice-shaped wedges.
- ☐ Place in a separate large pot of boiling water and cook for about 5 minutes. Potatoes should give a bit when poked with a fork.
- ☐ Drain the potatoes and arrange in a single layer in a buttered 13 by 9-inch baking dish.
- ☐ Pour the syrup over the potatoes; making sure it covers the potatoes.
- ☐ Place lemon slices on top and bake for 35 minutes, spooning syrup over potatoes twice during that time. Potatoes are done when they are tender to the fork.
- ☐ Remove from the oven, remove the lemon slices, and stir in pecans. Arrange the marshmallows evenly on top.
- ☐ Place back in the oven turning it up to 400 degrees F and cook until marshmallows puff up and turn brown, approximately 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:37.53, Inflammation Score:-10, Nutrition Score:16.955217542856%

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 Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 661.9kcal (33.09%), Fat: 10.55g (16.23%), Saturated Fat: 3.02g (18.89%), Carbohydrates: 143.4g (47.8%), Net Carbohydrates: 136.31g (49.57%), Sugar: 101.45g (112.72%), Cholesterol: 10.03mg (3.34%), Sodium: 187.81mg (8.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.6%), Vitamin A: 26938.65IU (538.77%), Manganese: 0.95mg (47.58%), Fiber: 7.08g (28.33%), Copper: 0.48mg (24.07%), Vitamin B6: 0.46mg (22.99%), Potassium: 799.53mg (22.84%), Vitamin B5: 1.73mg (17.28%), Vitamin C: 14.18mg (17.18%), Magnesium: 67.71mg (16.93%), Vitamin B1: 0.22mg (14.35%), Calcium: 132.62mg (13.26%), Phosphorus: 123.92mg (12.39%), Iron: 2.1mg (11.66%), Vitamin B2: 0.13mg (7.8%), Zinc: 1.04mg (6.91%), Folate: 26.02µg (6.5%), Vitamin B3: 1.29mg (6.44%), Vitamin E: 0.75mg (5.03%), Selenium: 3.12µg (4.45%), Vitamin K: 4.05µg (3.85%)