



Sweet Potatoes Laced with Grand Marnier

READY IN



45 min.

SERVINGS



8

CALORIES



728 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup firmly brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 3 tablespoons butter melted
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 3 tablespoons orange juice (orange liqueur)
- ☐ 1 teaspoon orange rind grated
- ☐ 1 cup pecans chopped

- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 3 pounds sweet potatoes
- ☐ 14 ounce condensed milk sweetened canned

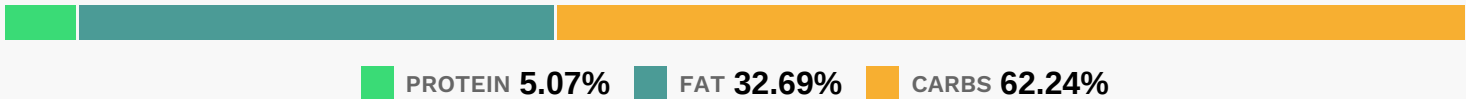
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Cook potatoes in boiling water to cover in a Dutch oven 30 to 40 minutes or until tender; drain.
- ☐ Let cool slightly. Peel potatoes, and place in a large bowl.
- ☐ Add 3 tablespoons butter, and mash.
- ☐ Add 3/4 cup sugar and next 6 ingredients; mash again, or beat at medium speed of an electric mixer until smooth. Spoon mixture into a lightly greased 2-quart casserole.
- ☐ Combine brown sugar and remaining 4 ingredients; sprinkle over sweet potato mixture.
- ☐ Bake, uncovered, at 425 for 30 minutes or until thoroughly heated, shielding with aluminum foil after 20 minutes to prevent excessive browning.
- ☐ Make-Ahead Directions: Prepare sweet potato mixture and spoon into greased casserole. Cover and chill overnight.
- ☐ Remove from refrigerator 30 minutes before baking; add brown sugar topping.
- ☐ Bake casserole as directed above.

Nutrition Facts



Properties

Glycemic Index:43.01, Glycemic Load:49.39, Inflammation Score:-10, Nutrition Score:20.421304526536%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 727.92kcal (36.4%), Fat: 26.8g (41.23%), Saturated Fat: 6.28g (39.24%), Carbohydrates: 114.82g (38.27%), Net Carbohydrates: 108.22g (39.35%), Sugar: 81.89g (90.99%), Cholesterol: 40.12mg (13.37%), Sodium: 385.27mg (16.75%), Alcohol: 1.46g (100%), Alcohol %: 0.59% (100%), Protein: 9.35g (18.7%), Vitamin A: 24832.76IU (496.66%), Manganese: 1.11mg (55.68%), Phosphorus: 266.21mg (26.62%), Fiber: 6.59g (26.36%), Potassium: 872.93mg (24.94%), Calcium: 233.79mg (23.38%), Vitamin B2: 0.39mg (23.06%), Copper: 0.46mg (22.86%), Vitamin B6: 0.44mg (21.77%), Vitamin B1: 0.31mg (20.86%), Vitamin B5: 2.02mg (20.19%), Magnesium: 77.06mg (19.27%), Selenium: 13.03µg (18.61%), Zinc: 1.72mg (11.5%), Iron: 2.04mg (11.33%), Folate: 40.18µg (10.04%), Vitamin E: 1.24mg (8.25%), Vitamin B3: 1.57mg (7.84%), Vitamin C: 5.89mg (7.14%), Vitamin B12: 0.29µg (4.81%), Vitamin K: 3.87µg (3.69%), Vitamin D: 0.22µg (1.49%)