



## Sweet Potatoes with Meringue

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



170 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 teaspoon butter for pan
- 0.3 teaspoon cream of tartar
- 4 egg whites
- 1 teaspoon thyme leaves fresh minced
- 0.8 teaspoon salt
- 0.5 cup sugar
- 4 pounds orange sweet potatoes (often labeled "yams")

0.5 teaspoon vanilla extract

## Equipment

bowl

frying pan

oven

whisk

pot

aluminum foil

broiler

## Directions

Preheat oven to 37

Peel sweet potatoes and cut into 1/4-in. slices. Butter an 8- by 8-in. pan and arrange slices in layers, sprinkling with salt, pepper, and thyme as you go. Cover with aluminum foil and bake potatoes until they are tender when pierced with a fork, 45 to 90 minutes.

Over high heat, bring 1 cup water to a boil in a medium pot. Reduce heat to maintain a simmer. Put egg whites and cream of tartar in a rimmed metal bowl just big enough to fit into pot over water. Set bowl over pot and whisk egg whites constantly until hot but not cooking, 3 to 5 minutes. Take off heat and beat until firm peaks form.

Sprinkle in sugar and vanilla and beat into stiff, shiny peaks.

Spread over cooked sweet potatoes. Put under a broiler until nicely browned and serve hot.

## Nutrition Facts



**PROTEIN 8.08%** **FAT 1.53%** **CARBS 90.39%**

## Properties

Glycemic Index:21.26, Glycemic Load:20.85, Inflammation Score:-10, Nutrition Score:11.451304338548%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg 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

## **Nutrients (% of daily need)**

Calories: 169.83kcal (8.49%), Fat: 0.29g (0.45%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 38.95g (12.98%), Net Carbohydrates: 34.37g (12.5%), Sugar: 14.73g (16.37%), Cholesterol: 0.45mg (0.15%), Sodium: 246.6mg (10.72%), Alcohol: 0.06g (100%), Alcohol %: 0.04% (100%), Protein: 3.48g (6.97%), Vitamin A: 21463.96IU (429.28%), Manganese: 0.41mg (20.3%), Fiber: 4.58g (18.32%), Vitamin B6: 0.32mg (15.87%), Potassium: 538.76mg (15.39%), Vitamin B5: 1.23mg (12.31%), Copper: 0.23mg (11.68%), Magnesium: 39.34mg (9.83%), Vitamin B2: 0.14mg (8.17%), Vitamin B1: 0.12mg (7.9%), Phosphorus: 72.93mg (7.29%), Iron: 0.98mg (5.42%), Calcium: 47.35mg (4.74%), Vitamin C: 3.9mg (4.72%), Vitamin B3: 0.86mg (4.29%), Folate: 17.13µg (4.28%), Selenium: 2.96µg (4.23%), Zinc: 0.46mg (3.08%), Vitamin K: 2.87µg (2.74%), Vitamin E: 0.4mg (2.66%)