



Sweet Potatoes with Pecans and Sausage

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



720 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.8 cup pecans chopped
- ☐ 1 pound pork sausage
- ☐ 3 pounds sweet potatoes

Equipment

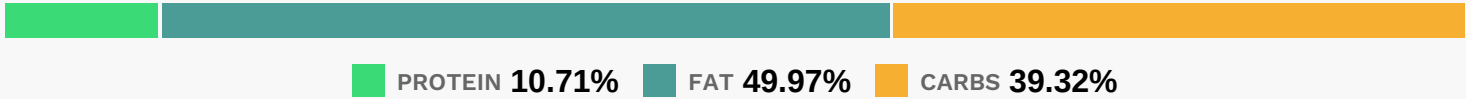
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Form sausage into round patties.
- ☐ Place patties in a large, deep skillet. Cook over medium high heat until brown.
- ☐ Drain and set aside.
- ☐ Wash yams, prick with fork and place on baking sheet.
- ☐ Bake for 1 hour or until yams are soft. Set aside to cool.
- ☐ Cut cooled yams into 1 to 2 inch cubes and place in 2 1/2 quart casserole dish.
- ☐ Add sausage, butter, brown sugar, pecans and cinnamon.
- ☐ Mix thoroughly, cover and bake for 30 to 40 minutes or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:30.2, Glycemic Load:27.1, Inflammation Score:-10, Nutrition Score:26.501304408778%

Flavonoids

Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 719.69kcal (35.98%), Fat: 40.52g (62.34%), Saturated Fat: 11.92g (74.49%), Carbohydrates: 71.74g (23.91%), Net Carbohydrates: 61.8g (22.47%), Sugar: 26.26g (29.18%), Cholesterol: 77.36mg (25.79%), Sodium: 766.81mg (33.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.54g (39.09%), Vitamin A: 38829.01IU (776.58%), Manganese: 1.52mg (76.08%), Vitamin B6: 0.89mg (44.38%), Fiber: 9.95g (39.79%), Vitamin B1: 0.57mg (38%), Potassium: 1231.76mg (35.19%), Copper: 0.68mg (33.76%), Vitamin B3: 6mg (29.99%), Phosphorus: 297.86mg (29.79%), Vitamin B5: 2.95mg (29.54%), Magnesium: 102.19mg (25.55%), Zinc: 3.54mg (23.62%), Iron: 3.22mg (17.89%), Vitamin B2: 0.3mg (17.65%), Vitamin B12: 0.78µg (13.01%), Calcium: 118.78mg (11.88%), Vitamin C: 7.36mg (8.92%), Folate: 34.78µg (8.69%), Vitamin E: 1.25mg (8.32%), Vitamin D: 1.18µg (7.86%), Vitamin K: 6.35µg (6.05%), Selenium: 2.5µg (3.57%)