



Tangerine Sweet Potato Casserole



Vegetarian



Gluten Free

READY IN



95 min.

SERVINGS



8

CALORIES



263 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons brown sugar packed
- ☐ 3 tablespoons butter melted
- ☐ 3 tablespoons rum dark
- ☐ 3 tablespoons pecans chopped
- ☐ 0.8 teaspoon salt
- ☐ 3 pounds sweet potatoes
- ☐ 4 tangelos

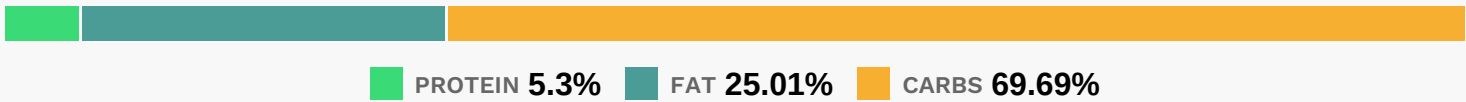
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Line a large baking sheet with aluminum foil. Grease a 2-quart casserole.
- ☐ Place sweet potatoes on the prepared baking sheet.
- ☐ Bake sweet potatoes in the preheated oven until tender, about 45 minutes. Reduce oven heat to 375 degrees F (190 degrees C).
- ☐ Let sweet potatoes rest until cool enough to handle. Peel the sweet potatoes and transfer into a large bowl.
- ☐ Whip sweet potatoes with 3 tablespoons melted butter, 6 tablespoons brown sugar, rum, and salt with an electric mixer, until potatoes are smooth and fluffy, 3 to 5 minutes.
- ☐ Peel tangelos, section the fruit, and remove membranes, pith, and seeds.
- ☐ Cut sections from 2 tangelos in half crosswise; Set aside sections of remaining 2 tangelos. Gently fold halved tangelo sections into the sweet potato mixture.
- ☐ Transfer sweet potato mixture to the prepared casserole dish.
- ☐ Arrange reserved tangelo sections atop sweet potato mixture.
- ☐ Combine 3 tablespoons melted butter, 3 tablespoons brown sugar, and pecans in a bowl until crumbly; sprinkle evenly over the dish.
- ☐ Bake in the preheated oven until heated through and the topping is lightly browned, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:19.03, Inflammation Score:-10, Nutrition Score:14.382173954145%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Hesperetin: 3.49mg, Hesperetin: 3.49mg, Hesperetin: 3.49mg, Hesperetin: 3.49mg Naringenin: 4.41mg, Naringenin: 4.41mg, Naringenin: 4.41mg, Naringenin: 4.41mg 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: 263.25kcal (13.16%), Fat: 7.18g (11.04%), Saturated Fat: 2.98g (18.61%), Carbohydrates: 45.01g (15%), Net Carbohydrates: 38.76g (14.09%), Sugar: 16.29g (18.1%), Cholesterol: 11.29mg (3.76%), Sodium: 347.52mg (15.11%), Alcohol: 1.88g (100%), Alcohol %: 1.02% (100%), Protein: 3.42g (6.84%), Vitamin A: 24564.62IU (491.29%), Manganese: 0.63mg (31.46%), Fiber: 6.25g (25.02%), Vitamin B6: 0.4mg (19.99%), Vitamin C: 15.87mg (19.24%), Potassium: 669.04mg (19.12%), Copper: 0.32mg (16.19%), Vitamin B5: 1.5mg (15%), Magnesium: 52.86mg (13.21%), Vitamin B1: 0.18mg (12.24%), Phosphorus: 100.8mg (10.08%), Calcium: 75.06mg (7.51%), Vitamin B2: 0.13mg (7.44%), Iron: 1.24mg (6.86%), Folate: 26.78µg (6.69%), Vitamin B3: 1.16mg (5.82%), Zinc: 0.72mg (4.8%), Vitamin E: 0.7mg (4.7%), Vitamin K: 3.56µg (3.39%), Selenium: 1.31µg (1.88%)