



## Thanksgiving Yams

READY IN



25 min.

SERVINGS



6

CALORIES



825 kcal

SIDE DISH

### Ingredients

- 2 tablespoons butter
- 16 ounce gingersnap cookies
- 1 tablespoon juice of lemon
- 16 ounce marshmallows miniature
- 58 ounce sweet potatoes canned

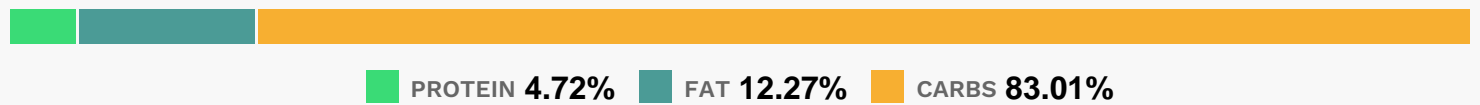
### Equipment

- sauce pan

## Directions

- In a medium saucepan over medium heat, mix the sweet potatoes, butter and lemon juice. Break the gingersnap cookies into the mixture. Stirring occasionally, cook until thick, about 15 minutes.
- Cover the mixture with desired quantity of marshmallows.
- Remove from heat and cover 5 minutes, or until marshmallows have melted.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:28.08, Glycemic Load:64.35, Inflammation Score:-10, Nutrition Score:25.944347770318%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 824.58kcal (41.23%), Fat: 11.49g (17.67%), Saturated Fat: 4.34g (27.15%), Carbohydrates: 174.91g (58.3%), Net Carbohydrates: 164.94g (59.98%), Sugar: 70.11g (77.9%), Cholesterol: 10.03mg (3.34%), Sodium: 660.81mg (28.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.89%), Vitamin A: 38997.1IU (779.94%), Manganese: 1.89mg (94.45%), Fiber: 9.97g (39.87%), Iron: 6.69mg (37.15%), Copper: 0.72mg (35.91%), Potassium: 1192.58mg (34.07%), Vitamin B6: 0.65mg (32.52%), Magnesium: 107.31mg (26.83%), Vitamin B5: 2.49mg (24.92%), Vitamin B1: 0.37mg (24.44%), Folate: 97.31µg (24.33%), Vitamin B2: 0.39mg (23.02%), Vitamin B3: 4.04mg (20.2%), Phosphorus: 198.92mg (19.89%), Calcium: 143.96mg (14.4%), Vitamin E: 1.56mg (10.39%), Selenium: 6.83µg (9.76%), Vitamin C: 7.54mg (9.14%), Zinc: 1.27mg (8.49%), Vitamin K: 7.15µg (6.81%)