

## Tropical Sweet Potatoes

READY IN



80 min.

SERVINGS



10

CALORIES



243 kcal

SIDE DISH

### Ingredients

- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 6 tablespoons butter divided melted
- 8 ounces pineapple crushed undrained canned
- 1 pinch ground cloves
- 1 pinch pepper
- 0.8 teaspoon salt
- 0.5 cup saltines crushed
- 3.5 pounds sweet potatoes and into

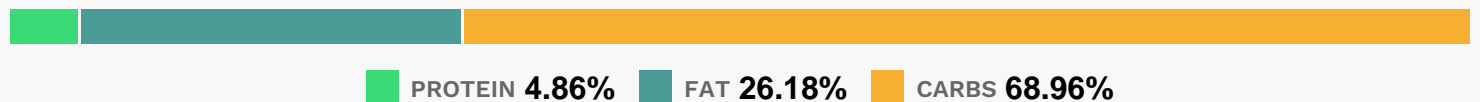
## Equipment

- bowl
- sauce pan
- oven
- baking pan

## Directions

- In a large saucepan, cover sweet potatoes with water; bring to a boil. Reduce heat; cover and simmer for 30 minutes or until tender.
- Drain and cool.
- Peel the potatoes and place in a large bowl; mash.
- Add the pineapple, 2 tablespoons butter, salt and pepper; mix well.
- Transfer to a greased 2-qt. baking dish.
- Combine saltines, brown sugar, cloves and remaining butter; sprinkle over potatoes.
- Bake, uncovered, at 375° for 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:14, Glycemic Load:15.77, Inflammation Score:-10, Nutrition Score:12.542173874119%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 243.29kcal (12.16%), Fat: 7.22g (11.1%), Saturated Fat: 4.41g (27.54%), Carbohydrates: 42.79g (14.26%), Net Carbohydrates: 37.63g (13.68%), Sugar: 14.58g (16.2%), Cholesterol: 18.06mg (6.02%), Sodium: 350.27mg (15.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Vitamin A: 22744.26IU (454.89%), Manganese:

0.45mg (22.49%), Fiber: 5.16g (20.65%), Vitamin B6: 0.35mg (17.71%), Potassium: 577.13mg (16.49%), Copper: 0.27mg (13.57%), Vitamin B5: 1.3mg (13.02%), Vitamin B1: 0.17mg (11.47%), Magnesium: 44.54mg (11.14%), Phosphorus: 82.01mg (8.2%), Vitamin C: 5.94mg (7.2%), Vitamin B2: 0.12mg (7.15%), Iron: 1.27mg (7.03%), Vitamin B3: 1.18mg (5.92%), Folate: 23.59µg (5.9%), Calcium: 58.14mg (5.81%), Vitamin E: 0.65mg (4.36%), Vitamin K: 4.52µg (4.31%), Zinc: 0.53mg (3.55%), Selenium: 1.55µg (2.21%)