



Twice Baked Sweet Potato Potato Skins with Pecan Streusel (aka Individual Sweet Potato Casserole)



Vegetarian



Popular

READY IN



80 min.

SERVINGS



4

CALORIES



209 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon bourbon
- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon butter melted
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 tablespoon flour
- ☐ 1 tablespoon maple syrup

- ☐ 2 tablespoons pecans chopped
- ☐ 2 medium sweet potatoes dried scrubbed

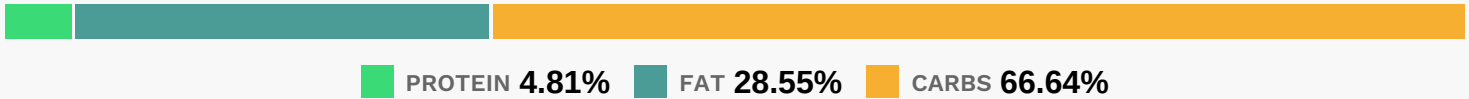
Equipment

- ☐ oven

Directions

- ☐ Pierce the sweet potatoes a few times with a fork, bake in a preheated 400F oven until tender, about 45–60 minutes and let cool.
- ☐ Cut the potatoes in half lengthwise, scoop out the flesh leaving 1.4 inch on the skin.
- ☐ Mix the sweet potatoes with the butter, brown sugar, maple syrup, bourbon and cinnamon and spoon it back into the skins.
- ☐ Mix the brown sugar, flour, butter, pecans and cinnamon until it starts to form crumbs and sprinkle it onto the stuffed potatoes.
- ☐ Bake in a preheated 350F oven until the topping is a light golden brown, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:62.38, Glycemic Load:13.51, Inflammation Score:-10, Nutrition Score:11.473913010372%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 208.92kcal (10.45%), Fat: 6.51g (10.02%), Saturated Fat: 2.13g (13.32%), Carbohydrates: 34.22g (11.41%), Net Carbohydrates: 30.23g (10.99%), Sugar: 13.75g (15.28%), Cholesterol: 7.53mg (2.51%), Sodium: 86.87mg (3.78%), Alcohol: 1.25g (100%), Alcohol %: 1.15% (100%), Protein: 2.47g (4.94%), Vitamin A: 16121.94IU (322.44%), Manganese: 0.67mg (33.53%), Fiber: 3.99g (15.95%), Vitamin B6: 0.25mg (12.51%), Potassium: 424mg (12.11%), Copper: 0.24mg (11.87%), Vitamin B5: 0.97mg (9.68%), Vitamin B1: 0.14mg (9.31%), Magnesium: 36.45mg (9.11%), Vitamin B2: 0.15mg (8.8%), Phosphorus: 70.29mg (7.03%), Iron: 0.96mg (5.35%), Calcium: 50.2mg (5.02%), Folate: 17.13µg (4.28%), Zinc: 0.62mg (4.15%), Vitamin B3: 0.81mg (4.06%), Vitamin C: 2.77mg (3.36%), Vitamin E: 0.45mg (2.99%), Vitamin K: 2.5µg (2.38%), Selenium: 1.61µg (2.31%)