



Twice-Baked Sweet Potatoes

 Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



246 kcal

SIDE DISH

Ingredients

- 30 oz sweet potatoes and into
- 2 tablespoons flour all-purpose
- 2 tablespoons brown sugar packed
- 2 tablespoons butter softened
- 0.3 cup pecans chopped
- 2 tablespoons butter softened
- 1 teaspoon pumpkin pie spice
- 0.3 teaspoon salt

- 2 tablespoons frangelico

Equipment

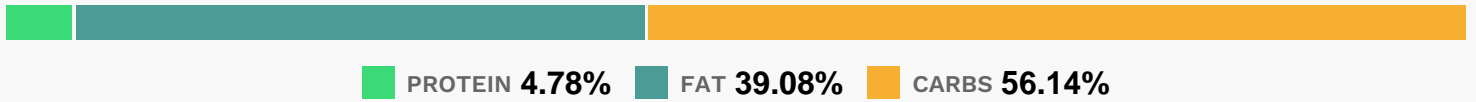
- bowl
- frying pan
- oven
- knife
- hand mixer
- potato masher
- microwave

Directions

- Pierce each potato twice with point of sharp knife to vent steam.
- Place in single layer in microwave oven. Microwave on High 5 minutes. If potatoes are not cooked through, turn potatoes over and continue microwaving 1 minute at a time until softened.
- Remove any fully cooked potatoes from microwave while cooking remaining potatoes. Cool potatoes 10 minutes.
- Meanwhile, in small bowl, mix flour, brown sugar, 2 tablespoons butter and the pecans; set aside.
- Heat oven to 350°F.
- Cut off top 1/3 of each potato. Using spoon, scoop flesh into large bowl, being careful not to tear potato skins; discard potato tops.
- Add 2 tablespoons butter, half-and-half, pumpkin pie spice and salt to potatoes. Mash potato mixture with potato masher or beat with electric mixer on medium speed until creamy. Spoon potato mixture back into skins.
- Place filled potatoes in 13x9-inch pan. (Potatoes can be covered and refrigerated at this point up to 8 hours.)
- Sprinkle pecan mixture over tops of potatoes.
- Bake uncovered 30 to 35 minutes or until topping is brown and potatoes are hot. (If filled potatoes were refrigerated, remove from refrigerator 30 minutes before serving; top and

bake as directed.)

Nutrition Facts



Properties

Glycemic Index:23.83, Glycemic Load:15.47, Inflammation Score:-10, Nutrition Score:12.395652165879%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 245.83kcal (12.29%), Fat: 10.92g (16.8%), Saturated Fat: 1.89g (11.82%), Carbohydrates: 35.3g (11.77%), Net Carbohydrates: 30.49g (11.09%), Sugar: 10.02g (11.13%), Cholesterol: 0mg (0%), Sodium: 264.21mg (11.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Vitamin A: 20447IU (408.94%), Manganese: 0.64mg (32.14%), Fiber: 4.81g (19.22%), Vitamin B6: 0.31mg (15.54%), Potassium: 510.46mg (14.58%), Copper: 0.28mg (13.79%), Vitamin B5: 1.2mg (11.97%), Vitamin B1: 0.16mg (10.77%), Magnesium: 42.58mg (10.64%), Phosphorus: 84.6mg (8.46%), Iron: 1.19mg (6.61%), Vitamin B2: 0.11mg (6.39%), Calcium: 54.53mg (5.45%), Folate: 21.38µg (5.34%), Vitamin B3: 1mg (5.02%), Vitamin E: 0.73mg (4.86%), Zinc: 0.66mg (4.39%), Vitamin C: 3.55mg (4.3%), Selenium: 1.95µg (2.79%), Vitamin K: 2.81µg (2.68%)