



Twice-Baked Sweet Potatoes

READY IN



75 min.

SERVINGS



6

CALORIES



219 kcal

SIDE DISH

Ingredients

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

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 350F.
- ☐ 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



PROTEIN 5.58% **FAT 31.09%** **CARBS 63.33%**

Properties

Glycemic Index:23.83, Glycemic Load:15.47, Inflammation Score:-10, Nutrition Score:12.460434757497%

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: 218.83kcal (10.94%), Fat: 7.74g (11.91%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 35.47g (11.82%), Net Carbohydrates: 30.67g (11.15%), Sugar: 10.22g (11.36%), Cholesterol: 1.75mg (0.58%), Sodium: 223.26mg (9.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.25%), Vitamin A: 20297.77IU (405.96%), Manganese: 0.64mg (32.14%), Fiber: 4.81g (19.22%), Vitamin B6: 0.31mg (15.64%), Potassium: 515.1mg (14.72%), Copper: 0.28mg (13.81%), Vitamin B5: 1.21mg (12.08%), Vitamin B1: 0.16mg (10.84%), Magnesium: 42.94mg (10.73%), Phosphorus: 88.28mg (8.83%), Vitamin B2: 0.12mg (6.86%), Iron: 1.19mg (6.63%), Calcium: 58.48mg (5.85%), Folate: 21.48µg (5.37%), Vitamin B3: 1.01mg (5.04%), Zinc: 0.68mg (4.52%), Vitamin C: 3.58mg (4.34%), Vitamin E: 0.6mg (3.98%), Selenium: 2.11µg (3.01%), Vitamin K: 2.88µg (2.74%)