



Walnut Sweet Potato Bake

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



373 kcal

SIDE DISH

Ingredients

- 0.3 cup brown sugar packed
- 0.5 cup butter softened
- 2 tablespoons chicken broth
- 8 ounces cream cheese softened
- 2 eggs
- 0.5 teaspoon nutmeg
- 0.5 teaspoon salt
- 4 cups sweet potatoes and into cooked mashed

0.8 cup walnut pieces chopped

Equipment

bowl

oven

baking pan

kitchen thermometer

Directions

In a large bowl, beat the cream cheese, butter and brown sugar until smooth.

Add eggs, one at a time, beating well after each addition.

Add the sweet potatoes, broth, salt and nutmeg; mix well. Stir in nuts.

Transfer to a greased shallow 1-1/2-qt. baking dish.

Bake, uncovered, at 350° for 40-45 minutes or until a thermometer reads 160°.

Nutrition Facts

 **PROTEIN 6.26%**  **FAT 69.36%**  **CARBS 24.38%**

Properties

Glycemic Index:28.13, Glycemic Load:7.21, Inflammation Score:-10, Nutrition Score:12.098695713541%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 372.61kcal (18.63%), Fat: 29.54g (45.45%), Saturated Fat: 14.08g (88%), Carbohydrates: 23.36g (7.79%), Net Carbohydrates: 20.6g (7.49%), Sugar: 10.9g (12.11%), Cholesterol: 100.13mg (33.38%), Sodium: 393.86mg (17.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6g (12%), Vitamin A: 10231.43IU (204.63%), Manganese: 0.56mg (28.12%), Copper: 0.29mg (14.65%), Phosphorus: 125.42mg (12.54%), Vitamin B6: 0.24mg (11.8%), Fiber: 2.76g (11.02%), Vitamin B2: 0.18mg (10.56%), Selenium: 6.99µg (9.99%), Magnesium: 39mg (9.75%), Potassium:

338.77mg (9.68%), Vitamin B5: 0.95mg (9.5%), Calcium: 73.94mg (7.39%), Vitamin B1: 0.1mg (6.81%), Folate: 26.38µg (6.59%), Vitamin E: 0.94mg (6.26%), Zinc: 0.84mg (5.62%), Iron: 1.01mg (5.6%), Vitamin B12: 0.19µg (3.09%), Vitamin K: 3.11µg (2.97%), Vitamin B3: 0.55mg (2.75%), Vitamin C: 1.74mg (2.11%), Vitamin D: 0.22µg (1.47%)