



Whipped Sweet Potato Bake

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



10

CALORIES



200 kcal

SIDE DISH

Ingredients

- 0.3 cup butter melted
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 0.3 tsp ground nutmeg
- 3 cups marshmallows jet-puffed miniature
- 45 oz sweet potatoes drained canned

Equipment

- oven

blender

Directions

Heat oven to 350F.

Beat potatoes, butter and spices with mixer until blended.

Spoon into 1-1/2-qt. casserole sprayed with cooking spray; top with marshmallows.

Bake 15 to 20 min. or until potato mixture is heated through and marshmallows are lightly browned.

Nutrition Facts



Properties

Glycemic Index:19.35, Glycemic Load:20.05, Inflammation Score:-10, Nutrition Score:10.473913025597%

Flavonoids

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: 199.75kcal (9.99%), Fat: 4.69g (7.22%), Saturated Fat: 1g (6.24%), Carbohydrates: 38.28g (12.76%), Net Carbohydrates: 34.26g (12.46%), Sugar: 14g (15.56%), Cholesterol: 0mg (0%), Sodium: 135.76mg (5.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.71%), Vitamin A: 18302.63IU (366.05%), Manganese: 0.44mg (21.86%), Fiber: 4.02g (16.07%), Vitamin B6: 0.27mg (13.46%), Potassium: 436.74mg (12.48%), Copper: 0.21mg (10.47%), Vitamin B5: 1.03mg (10.28%), Magnesium: 33.01mg (8.25%), Vitamin B1: 0.1mg (6.7%), Phosphorus: 63.05mg (6.31%), Iron: 0.87mg (4.84%), Vitamin B2: 0.08mg (4.74%), Calcium: 43.34mg (4.33%), Vitamin C: 3.09mg (3.74%), Vitamin B3: 0.75mg (3.73%), Folate: 14.32µg (3.58%), Vitamin E: 0.51mg (3.42%), Zinc: 0.4mg (2.67%), Vitamin K: 2.38µg (2.27%), Selenium: 1.13µg (1.61%)