



# Whipped Sweet Potatoes and Bananas with Honey

 Vegetarian

READY IN



85 min.

SERVINGS



12

CALORIES



430 kcal

SIDE DISH

## Ingredients

- 4 bananas unpeeled
- 0.8 cup brown sugar dark
- 0.5 cup flour all-purpose
- 0.3 cup honey
- 12 servings kosher salt
- 1.5 cups pecans chopped
- 5 medium sweet potatoes scrubbed

1 cup butter unsalted at room temperature (2 sticks)

## Equipment

frying pan

oven

mixing bowl

roasting pan

wooden spoon

## Directions

Watch how to make this recipe.

Preheat the oven to 375 degrees F.

Prick the sweet potatoes all over with a fork, put them in a roasting pan and roast for 30 minutes. Toss the bananas into the pan and continue roasting for 10 to 15 minutes, until both the bananas and potatoes are very soft.

Remove the pan from the oven but don't turn the oven off.

When the potatoes are cool enough to handle, scoop out the flesh into a large mixing bowl. Peel the bananas and add them to the bowl along with 1 stick of the butter, and the honey. Season with salt and beat vigorously with a wooden spoon until everything's well combined and the mixture is fluffy. Spoon into an oven-proof serving bowl and smooth the top.

In a separate mixing bowl, use your fingers to rub together the remaining stick of butter, the brown sugar, flour, and pecans until the mixture is the consistency of coarse crumbs.

Sprinkle the crumb mixture over the sweet potatoes and return to the oven. Cook for about 20 minutes, until the crumbs are golden.

Serve hot.

## Nutrition Facts



PROTEIN 3.38%  FAT 49.27%  CARBS 47.35%

## Properties

Glycemic Index:20.84, Glycemic Load:19.67, Inflammation Score:-10, Nutrition Score:14.498260889364%

## Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 3.3mg, Catechin: 3.3mg, Catechin: 3.3mg, Catechin: 3.3mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg 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: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 429.81kcal (21.49%), Fat: 24.48g (37.66%), Saturated Fat: 10.55g (65.94%), Carbohydrates: 52.93g (17.64%), Net Carbohydrates: 47.74g (17.36%), Sugar: 28.39g (31.54%), Cholesterol: 40.67mg (13.56%), Sodium: 252.29mg (10.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.56%), Vitamin A: 13864.25IU (277.29%), Manganese: 0.96mg (47.86%), Fiber: 5.19g (20.76%), Vitamin B6: 0.38mg (18.87%), Copper: 0.34mg (17.05%), Potassium: 541.01mg (15.46%), Vitamin B1: 0.21mg (13.94%), Magnesium: 52.04mg (13.01%), Vitamin B5: 1.06mg (10.58%), Phosphorus: 98.19mg (9.82%), Vitamin B2: 0.14mg (8.06%), Folate: 31.33µg (7.83%), Iron: 1.36mg (7.58%), Vitamin C: 5.85mg (7.1%), Zinc: 0.98mg (6.5%), Vitamin B3: 1.27mg (6.35%), Vitamin E: 0.9mg (6%), Calcium: 56.16mg (5.62%), Selenium: 3.61µg (5.15%), Vitamin K: 3.66µg (3.49%), Vitamin D: 0.28µg (1.89%)