



Whipped Sweet Potatoes and Bananas with Honey

 Vegetarian

READY IN



85 min.

SERVINGS



12

CALORIES



429 kcal

SIDE DISH

Ingredients

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

☐ 2 sticks butter unsalted at room temperature

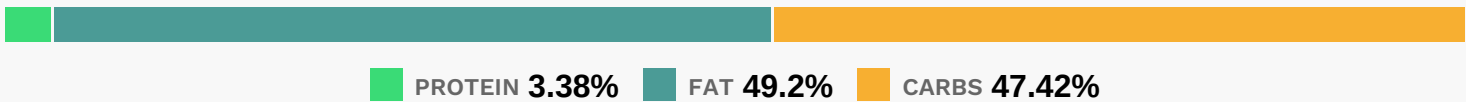
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ roasting pan
- ☐ wooden spoon

Directions

- ☐ Preheat the oven to 375 degrees F. Prick the sweet potatoes all over with a fork, put in a roasting pan and roast 30 minutes. Toss the bananas into the pan and continue roasting until the bananas and potatoes are very soft, 10 to 15 more minutes.
- ☐ Remove from the oven but don't turn off the oven.
- ☐ When the potatoes are cool enough to handle, cut in half and scoop out the flesh into a large bowl. Peel the bananas and add them to the bowl along with 1 stick butter and the honey. Season with salt and beat vigorously with a wooden spoon until everything is well combined and the mixture is fluffy. Spoon into a shallow 2-quart baking dish; smooth the top.
- ☐ Use your fingers to rub the remaining stick of butter, the brown sugar, flour and pecans in a bowl until the mixture is combined.
- ☐ Sprinkle over the sweet potatoes and return to the oven until the topping is golden brown, about 20 minutes.
- ☐ Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:20.84, Glycemic Load:19.67, Inflammation Score:-10, Nutrition Score:14.495652203975%

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: 429.21kcal (21.46%), Fat: 24.41g (37.56%), Saturated Fat: 10.51g (65.68%), Carbohydrates: 52.93g (17.64%), Net Carbohydrates: 47.74g (17.36%), Sugar: 28.39g (31.54%), Cholesterol: 40.49mg (13.5%), Sodium: 252.28mg (10.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.56%), Vitamin A: 13862.17IU (277.24%), Manganese: 0.96mg (47.86%), Fiber: 5.19g (20.76%), Vitamin B6: 0.38mg (18.87%), Copper: 0.34mg (17.05%), Potassium: 540.99mg (15.46%), Vitamin B1: 0.21mg (13.94%), Magnesium: 52.04mg (13.01%), Vitamin B5: 1.06mg (10.58%), Phosphorus: 98.17mg (9.82%), Vitamin B2: 0.14mg (8.06%), Folate: 31.32µg (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 (5.98%), Calcium: 56.14mg (5.61%), Selenium: 3.6µg (5.15%), Vitamin K: 3.66µg (3.48%), Vitamin D: 0.28µg (1.88%)