



WHATSheATE



Whipped Sweet Potatoes with Hazelnut Topping



Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



307 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup brown sugar packed
- ☐ 3 tablespoons butter chilled cut into small pieces
- ☐ 3 large egg whites
- ☐ 1 ounce flour all-purpose
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 teaspoon ground nutmeg
- ☐ 0.5 cup hazelnuts toasted chopped
- ☐ 1 tablespoon orange juice fresh
- ☐ 1 teaspoon orange rind grated
- ☐ 1 teaspoon salt
- ☐ 87 ounce sweet potatoes halved drained canned

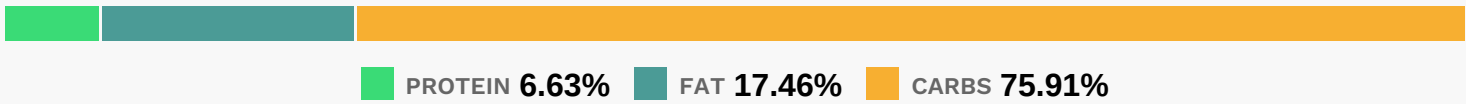
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 8 ingredients in a large bowl; mash well. Beat egg whites with a mixer at high speed until stiff peaks form. Gently fold beaten egg whites into sweet potato mixture. Spoon mixture into a shallow 3-quart baking dish coated with cooking spray.
- ☐ Combine hazelnuts and next 3 ingredients (through 1/4 teaspoon ground cinnamon) in a bowl.
- ☐ Cut in butter with a fork until mixture is crumbly.
- ☐ Sprinkle over sweet potato mixture.
- ☐ Bake at 400 for 25 minutes or until topping is lightly browned.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:21.88, Inflammation Score:-10, Nutrition Score:16.346521739079%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 306.7kcal (15.34%), Fat: 6.09g (9.37%), Saturated Fat: 2.11g (13.18%), Carbohydrates: 59.58g (19.86%), Net Carbohydrates: 52.64g (19.14%), Sugar: 23.87g (26.52%), Cholesterol: 7.53mg (2.51%), Sodium: 347.47mg (15.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.41%), Vitamin A: 29252.37IU (585.05%), Manganese: 0.92mg (46.18%), Fiber: 6.93g (27.74%), Vitamin B6: 0.47mg (23.36%), Potassium: 769.29mg (21.98%), Copper: 0.41mg (20.63%), Vitamin B5: 1.74mg (17.45%), Magnesium: 63.14mg (15.78%), Vitamin B1: 0.21mg (14.24%), Phosphorus: 117.21mg (11.72%), Vitamin B2: 0.18mg (10.64%), Iron: 1.75mg (9.73%), Vitamin E: 1.37mg (9.17%), Calcium: 85.86mg (8.59%), Folate: 33.8µg (8.45%), Vitamin C: 6.22mg (7.53%), Vitamin B3: 1.42mg (7.08%), Selenium: 4.04µg (5.77%), Zinc: 0.78mg (5.18%), Vitamin K: 4.75µg (4.53%)