

## Pineapple Upside Down Sweet Potatoes

## Ingredients:

2 ½ lbs. orange fleshed sweet potatoes

4 tbsp. unsalted butter

½ cup lightly packed brown sugar

7 slices canned pineapple, drained and dried

1/4 cup blueberries

2 large eggs, beaten

½ tsp. ground cinnamon

½ tsp. baking powder

1 tsp. salt

1/8 tsp. ground pepper







## **Nutrition Facts**

Serving Size 3/4 cup (179g) Servings Per Container 10

Amount Per Sei	rving		
Calories 180	0 Ca	lories fro	om Fat 40
		%	Daily Value*
Total Fat 4.5		<b>7</b> %	
Saturated Fat 2.5g			13%
Trans Fat	0g		
Cholesterol 50mg			17%
Sodium 340mg			14%
Total Carbohydrate 34g			11%
Dietary Fiber 4g			16%
Sugars 18	Bg		
Protein 3g			
Vitamin A 11	0%	Vitamir	C 35%
Calcium 4%	Iron 6%		
*Percent Daily Vadiet. Your daily vadepending on yo	alues may	ased on a	2,000 calorie
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg	80g 25g 300mg
Calories per gran	n·		

## **Directions:**

- 1. Coat a 9" round cake pan with cooking spray and set aside.
- 2. Rub the sweet potatoes with a few drops of or a touch of cooking spray. Place on oven rack and bake until they are soft when squeezed, 40-60 minutes. Remove potatoes and set aside until cool enough to handle.
- 3. Melt butter with brown sugar in a small saucepan over medium heat. Pour mixture into prepared pan, tilting to coat bottom evenly.
- 4. Arrange 6 pineapple slices in a ring around the edge and one in the center of the pan. Sprinkle berries inside the pineapple.
- 5. Peel the potatoes and place the flesh in a mixing bowl. Mash roughly with a fork.
- 6. Add eggs, cinnamon, baking powder, salt and 5-6 grinds of pepper. Whisk until well blended. Spoon mixture over the pineapple and smoothing the top.
- 7. Rap the pan sharply on the countertop 3-4 times to knock out air bubbles.
- 8. Bake until top looks dry and feels springy to the touch (about 40 minutes).
- 9. Invert a plate over pan and holding pan and plate firmly with oven mitts, carefully flip them so potatoes drop onto the plate, pineapple side up. Lift off the pan and serve warm.