



Pecan Praline Glazed Sweet Potato

Café Vermilionville, Lafayette LA

Ingredients:

- 1 Pound butter, cubed
- 1/2 Pound light brown sugar
- 1/2 Pound dark brown sugar
- 1 Cup heavy cream
- 1 Tablespoon vanilla extract
- 1 Cup pecan pieces

Instructions:

In a heavy bottomed sauce-pan, slowly warm the cream. When a heavy simmer is reached, add the butter. When butter is melted add sugars and vanilla extract. Turn heat up slightly and heat until all sugar is incorporated. Stir in pecan pieces. Bake a sweet potato in the oven until cooked throughout. Cut sweet potato in half and rub with the glaze. Place back in oven until sugar is caramelized. Serve immediately

Cook Time: 1 hour

Categories:

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7 Ingredients or Less

Nutritional Info:

CALS 288 (10% from fat)
FAT 3g
CHOLESTEROL 36mg
SODIUM 194mg
CARBS 61g
PROTEIN 2.8g

Credits:

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