



Apple-Bacon Sweet Potatoes

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



6

CALORIES



214 kcal

SIDE DISH

Ingredients

- 0.5 cup apple juice
- 2 apples chopped
- 1 tsp ground cinnamon
- 1 large onion chopped
- 0.3 cup planters pecans chopped
- 1.5 lb sweet potatoes peeled cut into bite-size chunks (3)
- 4 slices oscar mayer selects uncured turkey bacon chopped

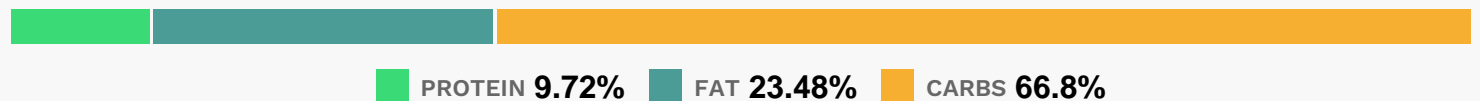
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 375F.
- Cook onions and bacon in large nonstick skillet on medium heat 7 to 8 min. or until onions are crisp-tender.
- Place potatoes in 13x9-inch baking dish sprayed with cooking spray.
- Add apples, apple juice and cinnamon; mix lightly. Top with onion mixture; cover.
- Bake 40 min. Uncover; top with nuts.
- Bake 15 min. or until potatoes are tender and most of the liquid is absorbed.

Nutrition Facts



Properties

Glycemic Index:28.79, Glycemic Load:14.95, Inflammation Score:-10, Nutrition Score:13.162173854268%

Flavonoids

Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 5.58mg, Epicatechin: 5.58mg, Epicatechin: 5.58mg, Epicatechin: 5.58mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 213.8kcal (10.69%), Fat: 5.79g (8.91%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 37.07g (12.36%), Net Carbohydrates: 31.12g (11.32%), Sugar: 14.27g (15.86%), Cholesterol: 9.15mg (3.05%), Sodium: 278.11mg (12.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.78%), Vitamin A: 16124.84IU (322.5%), Manganese: 0.62mg (31.13%), Fiber: 5.95g (23.8%), Vitamin B6: 0.33mg (16.74%), Potassium: 560.09mg (16%), Copper: 0.26mg (13.24%), Phosphorus: 123.3mg (12.33%), Magnesium: 42.87mg (10.72%), Vitamin B5: 1.02mg (10.22%), Vitamin B1: 0.15mg (9.83%), Vitamin C: 7.61mg (9.22%), Vitamin B2: 0.12mg (7.24%), Iron: 1.18mg (6.55%), Zinc: 0.89mg (5.92%), Vitamin B3: 1.11mg (5.57%), Calcium: 53.13mg (5.31%), Folate: 20.82µg (5.2%), Selenium: 3.4µg (4.86%), Vitamin K: 4.42µg (4.21%), Vitamin E: 0.57mg (3.83%)