



Apricot-Pecan Sweet Potatoes

 Vegetarian  Gluten Free

READY IN

ready

65 min.

SERVINGS

servings

15

CALORIES

calories

184 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 1 cup all-natural apricot nectar
- ☐ 1 cup brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 5 teaspoons cornstarch
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 2 teaspoons orange peel grated
- ☐ 0.5 cup pecans chopped
- ☐ 0.3 teaspoon salt

- ☐ 3 pounds sweet potatoes peeled cut into chunks
- ☐ 0.5 cup water hot

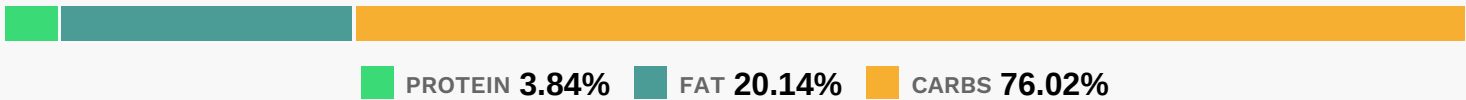
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Place the sweet potatoes into a large pot and cover with water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- ☐ Drain and allow to steam dry for a minute or two.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Mix together brown sugar, cornstarch, salt, cinnamon, apricot nectar, water, and orange peel in a saucepan; bring to a boil over medium heat. Reduce heat to medium-low, and cook for 2 minutes, stirring constantly. When the sauce is thick, stir in the butter and pecans.
- ☐ Place the sweet potato chunks into the prepared baking dish, and pour the sauce over to coat all the potatoes.
- ☐ Bake in the preheated oven until tender and bubbling, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:8.2, Glycemic Load:9.02, Inflammation Score:-10, Nutrition Score:9.9021739669792%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-

gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 184.45kcal (9.22%), Fat: 4.25g (6.54%), Saturated Fat: 1.21g (7.54%), Carbohydrates: 36.11g (12.04%), Net Carbohydrates: 32.98g (11.99%), Sugar: 20.31g (22.56%), Cholesterol: 4.01mg (1.34%), Sodium: 106.57mg (4.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.65%), Vitamin A: 13140.29IU (262.81%), Manganese: 0.42mg (20.78%), Fiber: 3.13g (12.52%), Vitamin B6: 0.21mg (10.5%), Potassium: 352.45mg (10.07%), Copper: 0.19mg (9.63%), Vitamin C: 7.55mg (9.15%), Vitamin B5: 0.8mg (7.96%), Magnesium: 29.44mg (7.36%), Vitamin B1: 0.11mg (7.01%), Phosphorus: 54.73mg (5.47%), Calcium: 45.09mg (4.51%), Iron: 0.77mg (4.3%), Vitamin B2: 0.06mg (3.73%), Zinc: 0.45mg (3%), Vitamin B3: 0.59mg (2.96%), Folate: 11.23µg (2.81%), Vitamin E: 0.4mg (2.66%), Vitamin K: 2.1µg (2%), Selenium: 0.9µg (1.28%)