



Baked Ginger Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



292 kcal

SIDE DISH

Ingredients

- 0.8 cup apricot preserves
- 1 tablespoon ginger fresh grated peeled (from 1 [3-inch] piece)
- 1 tablespoon kosher salt
- 0.3 cup orange juice freshly squeezed (from 1 medium orange)
- 4 pounds sweet potatoes and into peeled sliced into 1/2-inch rounds
- 3 tablespoons butter unsalted

Equipment

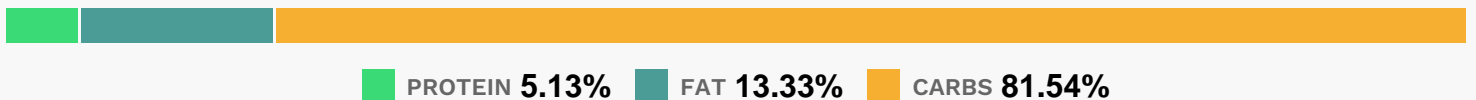
- bowl

- sauce pan
- oven
- wire rack
- baking pan
- aluminum foil

Directions

- Heat the oven to 425°F and arrange a rack in the middle.
- Place the preserves, orange juice, butter, ginger, and salt in a small saucepan over medium heat. Bring the mixture to a simmer, stirring occasionally, and cook until the butter and preserves are melted and smooth, about 6 minutes.
- Place the sweet potatoes in a large bowl, drizzle with a third of the apricot mixture (about 1/2 cup), and, using your hands, toss to coat. Shingle the slices in a 13-by-9-inch baking dish. Cover the dish tightly with aluminum foil and bake for 25 minutes.
- Remove the baking dish from the oven and remove the foil.
- Drizzle with another third of the apricot mixture and bake uncovered for 10 minutes.
- Drizzle with the remaining third of the apricot mixture and bake uncovered until the sweet potatoes are tender and the glaze has thickened, about 10 minutes more.
- Transfer the dish to a wire rack and cool for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.63, Glycemic Load:23.09, Inflammation Score:-10, Nutrition Score:15.27869546543%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg,

Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 291.71kcal (14.59%), Fat: 4.44g (6.84%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 61.15g (20.38%), Net Carbohydrates: 54.24g (19.72%), Sugar: 19.99g (22.21%), Cholesterol: 11.29mg (3.76%), Sodium: 1006.46mg (43.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Vitamin A: 32372.91IU (647.46%), Manganese: 0.6mg (30%), Fiber: 6.91g (27.63%), Vitamin B6: 0.48mg (24.21%), Potassium: 807.12mg (23.06%), Copper: 0.37mg (18.63%), Vitamin B5: 1.85mg (18.46%), Vitamin C: 12.61mg (15.28%), Magnesium: 59.23mg (14.81%), Vitamin B1: 0.19mg (12.45%), Phosphorus: 110.57mg (11.06%), Vitamin B2: 0.15mg (8.73%), Iron: 1.53mg (8.48%), Calcium: 75.55mg (7.56%), Folate: 28.52µg (7.13%), Vitamin B3: 1.32mg (6.61%), Vitamin E: 0.75mg (4.98%), Zinc: 0.71mg (4.73%), Vitamin K: 4.46µg (4.25%), Selenium: 1.88µg (2.68%)