



Baked Sweet Potato

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



209 kcal

SIDE DISH

Ingredients

- 1 teaspoon aleppo chili
- 2 teaspoons basil
- 0.5 teaspoon pepper black freshly ground
- 2 teaspoons pepper black
- 1 teaspoon caraway seeds
- 2 teaspoons coriander seeds
- 3 teaspoons cumin seeds
- 0.5 teaspoon kosher salt for sprinkling

- 1 tablespoon brown sugar light
- 2 teaspoons mustard seed
- 2 tablespoons olive oil good
- 4 servings recipe courtesy la boite
- 1 tablespoon la boite spice mix (see separate recipe)
- 2 medium sweet potatoes peeled
- 1.5 teaspoons turmeric

Equipment

- bowl
- frying pan
- oven
- spatula
- mortar and pestle

Directions

- Watch how to make this recipe.
- Preheat the oven to 450 degrees.
- Halve the sweet potatoes lengthwise and cut each half into 3 long spears.
- Place them on a sheet pan and toss with the olive oil.
- Spread the potatoes in one layer.
- Combine the spice mix, brown sugar, salt, and pepper and sprinkle on the potatoes.
- Bake for 15 minutes and then turn with a spatula.
- Bake for another 5 to 10 minutes, until lightly browned.
- Sprinkle lightly with salt and serve hot.
- Into a bowl add the turmeric, basil, chili, and mustard seed. Grind together in pestle and mortar or a clean coffee grinder the black pepper and coriander seed and add to the other spices.

Grind together the cumin and caraway seed as above and add to the spices and mix everything together.

Nutrition Facts

PROTEIN 6.69% **FAT 35.77%** **CARBS 57.54%**

Properties

Glycemic Index:51.75, Glycemic Load:11.47, Inflammation Score:-10, Nutrition Score:16.039565210757%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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: 208.93kcal (10.45%), Fat: 8.74g (13.45%), Saturated Fat: 1.31g (8.16%), Carbohydrates: 31.65g (10.55%), Net Carbohydrates: 25.09g (9.12%), Sugar: 7.99g (8.88%), Cholesterol: 1.43mg (0.48%), Sodium: 396.63mg (17.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Vitamin A: 16273.25IU (325.46%), Manganese: 0.82mg (40.91%), Vitamin K: 32.28µg (30.74%), Fiber: 6.56g (26.24%), Iron: 4.01mg (22.28%), Vitamin B6: 0.32mg (15.9%), Vitamin E: 2.34mg (15.62%), Potassium: 534.27mg (15.26%), Magnesium: 58.5mg (14.63%), Calcium: 132.81mg (13.28%), Copper: 0.26mg (12.95%), Vitamin B5: 0.98mg (9.76%), Phosphorus: 91.05mg (9.1%), Vitamin B1: 0.12mg (8.28%), Selenium: 4.6µg (6.57%), Vitamin B2: 0.11mg (6.52%), Folate: 24.53µg (6.13%), Vitamin B3: 1.09mg (5.47%), Zinc: 0.75mg (4.98%), Vitamin C: 3.54mg (4.29%)