



# Baked Sweet Potatoes with Ginger and Honey

 Vegetarian  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



211 kcal

SIDE DISH

## Ingredients

- 3 tablespoons ginger fresh grated
- 1 teaspoon ground cardamom
- 0.5 teaspoon pepper black
- 0.5 cup honey
- 9 sweet potatoes and into cubed peeled
- 2 tablespoons walnut oil

## Equipment

- bowl

frying pan

oven

## Directions

Preheat oven to 400 degrees (205 degrees C).

In a large bowl, combine the sweet potatoes, honey, ginger, oil, cardamom and pepper.

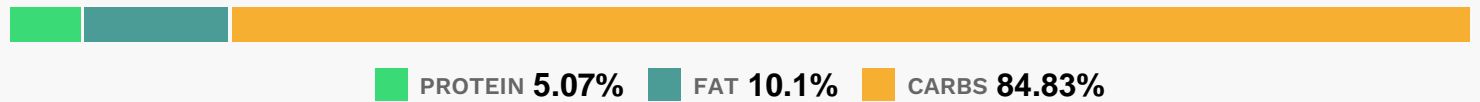
Transfer to a large cast iron frying pan.

Bake for 20 minutes.

Turn the mixture over to expose the pieces from the bottom of the pan.

Bake for another 20 minutes, or until the sweet potatoes are tender and caramelized on the outside.

## Nutrition Facts



## Properties

Glycemic Index:13.52, Glycemic Load:22.95, Inflammation Score:-10, Nutrition Score:12.214782574902%

## 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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 211.46kcal (10.57%), Fat: 2.45g (3.76%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 46.22g (15.41%), Net Carbohydrates: 41g (14.91%), Sugar: 18.71g (20.79%), Cholesterol: 0mg (0%), Sodium: 94.06mg (4.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin A: 24047.42IU (480.95%), Manganese: 0.51mg (25.5%), Fiber: 5.22g (20.86%), Vitamin B6: 0.36mg (18.05%), Potassium: 588.79mg (16.82%), Vitamin B5: 1.37mg (13.7%), Copper: 0.27mg (13.34%), Magnesium: 43.93mg (10.98%), Vitamin B1: 0.13mg (8.87%), Phosphorus: 81.25mg (8.13%), Vitamin B2: 0.11mg (6.46%), Iron: 1.14mg (6.31%), Calcium: 52.99mg (5.3%), Vitamin C: 4.26mg (5.17%), Vitamin B3: 0.98mg (4.89%), Folate: 19.13µg (4.78%), Zinc: 0.56mg (3.73%), Vitamin K: 3.54µg (3.37%), Vitamin E: 0.46mg (3.04%), Selenium: 1.15µg (1.64%)