




 **19%**
HEALTH SCORE

Baked Sweet Potatoes with Ginger and Honey


 Vegetarian  Gluten Free  Dairy Free

READY IN




55 min.

SERVINGS



12

CALORIES



163 kcal

SIDE DISH

Ingredients

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

Equipment

- bowl

frying pan

oven

Directions

Preheat oven to 400 degrees F (200 degrees C).

In a large bowl, toss together the sweet potatoes, honey, ginger, walnut oil, cardamom, and pepper.

Transfer to a large cast iron frying pan.

Bake for 20 minutes in the preheated oven. Stir the potatoes 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



PROTEIN 4.45% **FAT 12.87%** **CARBS 82.68%**

Properties

Glycemic Index:13.52, Glycemic Load:17.38, Inflammation Score:-10, Nutrition Score:9.7408695480098%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, 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

Nutrients (% of daily need)

Calories: 163.22kcal (8.16%), Fat: 2.42g (3.72%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 34.93g (11.64%), Net Carbohydrates: 31.4g (11.42%), Sugar: 16.37g (18.19%), Cholesterol: 0mg (0%), Sodium: 63.21mg (2.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Vitamin A: 16088.24IU (321.76%), Manganese: 0.37mg (18.26%), Fiber: 3.53g (14.13%), Vitamin B6: 0.24mg (12.19%), Potassium: 399.73mg (11.42%), Vitamin B5: 0.92mg (9.22%), Copper: 0.18mg (9.1%), Magnesium: 29.91mg (7.48%), Vitamin B1: 0.09mg (5.95%), Phosphorus: 54.89mg (5.49%), Vitamin B2: 0.08mg (4.45%), Iron: 0.79mg (4.41%), Calcium: 36.15mg (3.62%), Vitamin C: 2.91mg (3.53%), Vitamin B3: 0.66mg (3.32%), Folate: 12.96µg (3.24%), Zinc: 0.39mg (2.6%), Vitamin K: 2.53µg (2.41%), Vitamin E: 0.31mg (2.06%), Selenium: 0.81µg (1.16%)