

Baked Sweet Potatoes with Raisins and Pecans

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



349 kcal

SIDE DISH

Ingredients

- 0.3 cup butter melted
- 0.5 cup maple syrup
- 1 ounce pecans chopped
- 1 ounce raisins
- 5 sweet potatoes and into cubed peeled
- 0.5 cup water

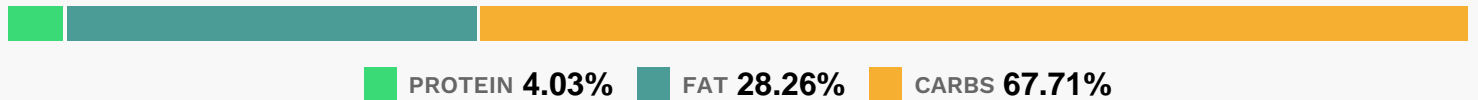
Equipment

- bowl
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Spread sweet potatoes in a single layer in a 9x13 inch baking dish.
- Sprinkle with raisins and chopped pecans.
- In a small bowl, mix the butter, syrup and water.
- Pour the mixture over potatoes.
- Cover the baking dish with aluminum foil.
- Bake in the preheated oven 50 to 60 minutes, until sweet potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:35.55, Glycemic Load:27.31, Inflammation Score:-10, Nutrition Score:16.851739107267%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 348.87kcal (17.44%), Fat: 11.19g (17.22%), Saturated Fat: 5.2g (32.47%), Carbohydrates: 60.34g (20.11%), Net Carbohydrates: 53.92g (19.61%), Sugar: 24.14g (26.83%), Cholesterol: 20.34mg (6.78%), Sodium: 169.12mg

(7.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.18%), Vitamin A: 26957.86IU (539.16%), Manganese: 1.33mg (66.42%), Vitamin B2: 0.47mg (27.86%), Fiber: 6.42g (25.7%), Potassium: 755.68mg (21.59%), Vitamin B6: 0.41mg (20.64%), Copper: 0.36mg (17.93%), Vitamin B5: 1.56mg (15.6%), Magnesium: 60.24mg (15.06%), Vitamin B1: 0.2mg (13.44%), Phosphorus: 107.42mg (10.74%), Calcium: 93.24mg (9.32%), Iron: 1.42mg (7.9%), Zinc: 0.99mg (6.57%), Vitamin B3: 1.18mg (5.91%), Vitamin C: 4.83mg (5.85%), Folate: 22.18µg (5.55%), Vitamin E: 0.78mg (5.17%), Vitamin K: 4.22µg (4.02%), Selenium: 1.43µg (2.05%)