



Baked Yams with Ginger-Molasses Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



389 kcal

SIDE DISH

Ingredients

- 3 tablespoons crystallized ginger minced
- 3 tablespoons brown sugar packed ()
- 0.3 teaspoon ground cinnamon
- 1 pinch ground cloves
- 0.5 teaspoon ground ginger
- 1 tablespoon mild-flavored molasses light ()
- 0.5 cup butter unsalted room temperature (1 stick)
- 48 ounce yams dry rinsed (red-skinned sweet potatoes)

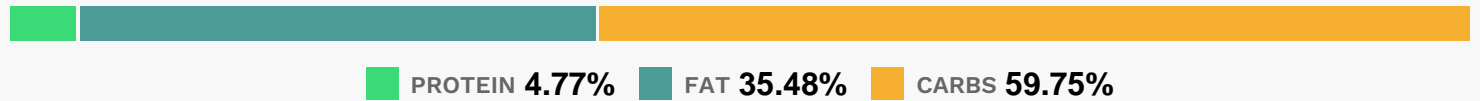
Equipment

- bowl
- baking sheet
- oven

Directions

- Mix first 6 ingredients in small bowl to blend. Stir in crystallized ginger. Season with salt and generous amount of pepper. (Can be made 3 days ahead. Cover; chill. Bring ginger-molasses butter to room temperature before using.)
- Preheat oven to 350°F. Pierce yams in several places with fork; bake on rimmed baking sheet until tender when pierced with fork, about 50 minutes.
- Cut lengthwise slit in each yam and press in ends to open top. Spoon 2 tablespoons ginger-molasses butter into each yam and serve.

Nutrition Facts



Properties

Glycemic Index:8.17, Glycemic Load:1.1, Inflammation Score:-10, Nutrition Score:21.119130391142%

Nutrients (% of daily need)

Calories: 389.09kcal (19.45%), Fat: 15.7g (24.15%), Saturated Fat: 9.8g (61.25%), Carbohydrates: 59.49g (19.83%), Net Carbohydrates: 51.94g (18.89%), Sugar: 26.81g (29.79%), Cholesterol: 40.67mg (13.56%), Sodium: 87.5mg (3.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.49%), Vitamin A: 44058.74IU (881.17%), Manganese: 1.26mg (63.14%), Vitamin C: 44.46mg (53.89%), Vitamin B6: 0.68mg (33.76%), Potassium: 1141.2mg (32.61%), Fiber: 7.56g (30.23%), Vitamin B5: 2.06mg (20.62%), Copper: 0.39mg (19.42%), Magnesium: 70.67mg (17.67%), Vitamin B3: 3.44mg (17.18%), Vitamin B1: 0.25mg (16.34%), Vitamin B2: 0.25mg (14.54%), Vitamin E: 2.05mg (13.68%), Phosphorus: 128.63mg (12.86%), Calcium: 103.67mg (10.37%), Iron: 1.81mg (10.06%), Vitamin K: 6.59µg (6.28%), Zinc: 0.76mg (5.08%), Folate: 14.27µg (3.57%), Selenium: 1.4µg (2.01%), Vitamin D: 0.28µg (1.89%)