



Barbados Potatoes-Sweet That Is



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



264 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 0.3 cup firmly brown sugar dark packed
- ☐ 2 tablespoons butter melted
- ☐ 2 teaspoons curry powder
- ☐ 3 tablespoons ginger freshly grated peeled
- ☐ 0.5 teaspoon habanero powder
- ☐ 0.7 cup orange juice freshly squeezed
- ☐ 2 tablespoons jamaican rum dark

- ☐ 3 large sweet potatoes
- ☐ 1 tablespoon vegetable oil

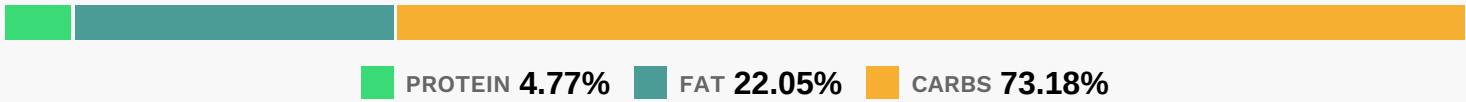
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F. Wrap the sweet potatoes in foil and bake for 30 minutes.
- ☐ Remove the foil, wait until the potatoes are cool enough to handle, and then slice into 1/2-inch-thick rounds . Coat a 9 by 13-inch ovenproof baking pan (preferably glass) with the vegetable oil.
- ☐ Layer the potato slices in the pan.
- ☐ Mix the remaining ingredients in a small bowl and drizzle over the potatoes.
- ☐ Cover the pan with foil and bake until barely tender, about 15 to 20 minutes.
- ☐ Remove the foil and bake the potatoes for an additional 10 to 15 minutes, or until the topping begins to brown.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:18.46, Inflammation Score:-10, Nutrition Score:14.036956538325%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg 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

Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 264.05kcal (13.2%), Fat: 6.33g (9.73%), Saturated Fat: 2.81g (17.55%), Carbohydrates: 47.23g (15.74%), Net Carbohydrates: 41.74g (15.18%), Sugar: 18.41g (20.46%), Cholesterol: 10.03mg (3.34%), Sodium: 127.37mg (5.54%), Alcohol: 1.67g (100%), Alcohol %: 0.95% (100%), Protein: 3.08g (6.16%), Vitamin A: 24301.02IU (486.02%), Manganese: 0.49mg (24.58%), Vitamin C: 18.76mg (22.74%), Fiber: 5.49g (21.95%), Vitamin B6: 0.39mg (19.3%), Potassium: 669.3mg (19.12%), Copper: 0.29mg (14.45%), Vitamin B5: 1.44mg (14.38%), Magnesium: 49.97mg (12.49%), Vitamin B1: 0.16mg (10.73%), Phosphorus: 90.15mg (9.02%), Vitamin K: 8.31µg (7.91%), Iron: 1.39mg (7.75%), Folate: 28.76µg (7.19%), Vitamin B2: 0.12mg (6.9%), Calcium: 67.67mg (6.77%), Vitamin E: 0.91mg (6.03%), Vitamin B3: 1.13mg (5.65%), Zinc: 0.57mg (3.83%), Selenium: 1.35µg (1.93%)