



Barbecued Turkey & Sweet Potato Spears

 Gluten Free  Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 0.3 tsp pepper black
- 2 Tbsp brown sugar
- 0.3 cup orange juice
- 2 medium sweet potatoes peeled cut into spears
- 1 lb turkey breast uncooked cut into 4 slices ()
- 0.3 cup water

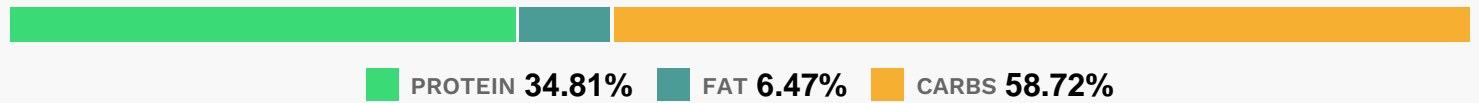
Equipment

- grill
- broiler
- microwave
- broiler pan

Directions

- Preheat grill to medium heat, or preheat broiler.
- Place sweet potatoes and water in microwavable dish; cover. Microwave on HIGH 5 minutes; drain.
- Mix barbecue sauce, juice, sugar and pepper until well blended.
- Place turkey and sweet potatoes on grill grate or rack of broiler pan. Grill or broil 10 to 12 minutes or until turkey is cooked through and potatoes are tender, turning occasionally and brushing with barbecue sauce mixture.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:12.06, Inflammation Score:-10, Nutrition Score:21.157826050468%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg 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: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 303.29kcal (15.16%), Fat: 2.2g (3.38%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 44.9g (14.97%), Net Carbohydrates: 41.13g (14.95%), Sugar: 23.77g (26.41%), Cholesterol: 61.24mg (20.41%), Sodium: 666.57mg (28.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.62g (53.24%), Vitamin A: 16165.75IU (323.32%), Vitamin B3: 12.17mg (60.83%), Vitamin B6: 1.15mg (57.54%), Selenium: 26.98µg (38.54%), Phosphorus: 330.95mg (33.1%), Potassium: 778.81mg (22.25%), Vitamin B5: 1.88mg (18.81%), Manganese: 0.37mg (18.32%), Magnesium: 63.85mg (15.96%), Vitamin B2: 0.26mg (15.19%), Fiber: 3.77g (15.1%), Copper: 0.27mg (13.45%), Vitamin C: 10.68mg

(12.94%), Zinc: 1.89mg (12.58%), Vitamin B12: 0.71µg (11.91%), Vitamin B1: 0.15mg (9.86%), Iron: 1.62mg (8.98%), Calcium: 69.26mg (6.93%), Folate: 25.81µg (6.45%), Vitamin E: 0.66mg (4.37%), Vitamin K: 2.9µg (2.76%)