



Bourbon Sweet Potatoes

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



600 kcal

BEVERAGE

DRINK

Ingredients

- 4 sweet potatoes and into thick peeled sliced into 1/2-inch (12-mm) rounds)
- 1 serving pepper black freshly ground
- 0.5 cup brown sugar light packed
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- 4 tablespoons butter unsalted plus more for the baking dish) ()
- 0.5 cup bourbon
- 2 tablespoons maple syrup

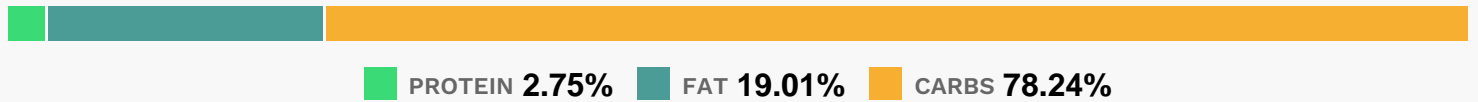
Equipment

- sauce pan
- oven
- baking pan
- casserole dish

Directions

- Preheat the oven to 350°F (176°C). Butter an ovenproof gratin or casserole dish.
- Arrange the sweet potato slices in the prepared baking dish and season generously with salt and pepper.
- In a large saucepan, combine the sugar, butter, bourbon, and syrup, and bring the mixture to a boil over medium-high heat. As soon as the sauce begins to boil, pour it over the sweet potatoes.
- Bake the casserole, turning the sweet potatoes and spooning the liquid over the top occasionally, until the sweet potatoes are tender, 45 to 60 minutes. Taste and adjust for seasoning with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:35.38, Glycemic Load:24.9, Inflammation Score:-10, Nutrition Score:16.360869502244%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 600.1kcal (30.01%), Fat: 11.47g (17.64%), Saturated Fat: 7.23g (45.2%), Carbohydrates: 106.19g (35.4%), Net Carbohydrates: 99.4g (36.15%), Sugar: 68.8g (76.44%), Cholesterol: 30.1mg (10.03%), Sodium: 142.45mg (6.19%), Alcohol: 10.02g (100%), Alcohol %: 3.79% (100%), Protein: 3.74g (7.47%), Vitamin A: 32412.62IU (648.25%), Manganese: 0.86mg (42.87%), Fiber: 6.79g (27.15%), Vitamin B6: 0.5mg (24.78%), Potassium: 861.56mg (24.62%), Vitamin B5: 1.9mg (18.96%), Copper: 0.38mg (18.8%), Magnesium: 63.87mg (15.97%), Vitamin B2: 0.27mg (15.93%), Calcium: 127.82mg (12.78%), Vitamin B1: 0.19mg (12.36%), Phosphorus: 113.02mg (11.3%), Iron: 1.8mg (9.99%), Vitamin

B3: 1.34mg (6.69%), Vitamin C: 5.42mg (6.57%), Folate: 25.83µg (6.46%), Vitamin E: 0.91mg (6.08%), Zinc: 0.79mg (5.26%), Vitamin K: 5.09µg (4.85%), Selenium: 2.16µg (3.08%), Vitamin D: 0.21µg (1.4%)