



Bourbon Sweet Potatoes and Parsnips

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



380 kcal

SIDE DISH

Ingredients

- 0.3 cup firmly brown sugar light packed
- 2 tablespoons butter cut into small pieces
- 0.1 teaspoon ground cardamom
- 0.3 cup maple syrup
- 0.3 cup orange juice
- 2 tablespoons orange juice
- 1 teaspoon orange peel shredded
- 1.8 pounds parsnips (see notes)

- 0.3 cup pecans coarsely chopped
- 6 servings salt
- 1.8 pounds jewel sweet potatoes (see notes)

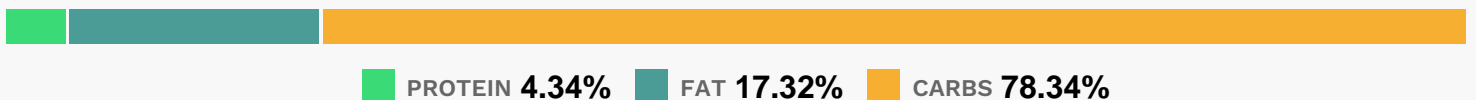
Equipment

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

Directions

- Peel sweet potatoes and parsnips; cut into sticks about 1/2 inch by 3 to 4 inches. Lightly coat a 12- by 17-inch rimmed baking pan with cooking oil spray.
- Place vegetables in pan, cover tightly with foil, and bake in a 400 regular or convection oven until just tender when pierced, 35 to 40 minutes.
- Meanwhile, in a small bowl, combine maple syrup, brown sugar, bourbon, butter, orange peel and juice, and cardamom.
- Increase oven temperature to 45
- Remove foil from pan and sprinkle pecans over vegetables.
- Pour the syrup mixture over vegetables and pecans; turn pieces with a spatula to coat evenly.
- Bake until syrup mixture thickens and sticks to vegetables, 25 to 35 minutes longer, turning pieces often to prevent scorching.
- Transfer candied vegetables to a serving dish. Season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:52.58, Glycemic Load:27.41, Inflammation Score:-10, Nutrition Score:24.558261036873%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 380.24kcal (19.01%), Fat: 7.55g (11.62%), Saturated Fat: 2.77g (17.33%), Carbohydrates: 76.87g (25.62%), Net Carbohydrates: 65.91g (23.97%), Sugar: 35.98g (39.98%), Cholesterol: 10.03mg (3.34%), Sodium: 315mg (13.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.51%), Vitamin A: 18921.65IU (378.43%), Manganese: 1.72mg (86.01%), Fiber: 10.97g (43.87%), Vitamin C: 34.18mg (41.43%), Vitamin K: 32.65µg (31.1%), Potassium: 1051.42mg (30.04%), Folate: 109.35µg (27.34%), Vitamin B2: 0.39mg (22.75%), Copper: 0.43mg (21.32%), Magnesium: 83.82mg (20.95%), Vitamin B6: 0.42mg (20.87%), Vitamin B5: 1.94mg (19.45%), Vitamin B1: 0.28mg (18.61%), Phosphorus: 173.16mg (17.32%), Vitamin E: 2.49mg (16.63%), Calcium: 123.84mg (12.38%), Iron: 1.85mg (10.29%), Zinc: 1.53mg (10.19%), Vitamin B3: 1.81mg (9.07%), Selenium: 3.56µg (5.09%)