



## Brandied Candied Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



191 kcal

SIDE DISH

### Ingredients

- 0.5 cup brandy
- 0.5 cup brown sugar packed
- 0.5 cup butter
- 0.5 teaspoon salt
- 2 pounds sweet potatoes

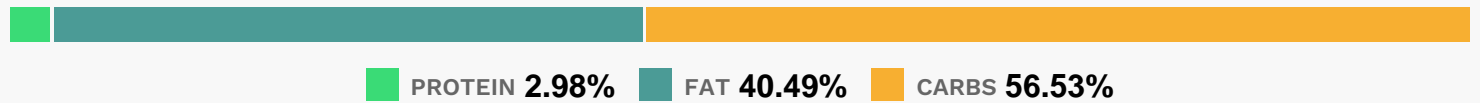
### Equipment

- frying pan
- pot

## Directions

- Peel and cut the sweet potatoes into 2 inch chunks.
- Place them in a large pot of water and boil until tender.
- In a large skillet melt the butter or margarine. Stir in the brown sugar, brandy and salt. Stir until smooth.
- Add the sweet potatoes. Cook over low heat, stirring gently, until sweet potatoes are heated through and well glazed.

## Nutrition Facts



## Properties

Glycemic Index:10.25, Glycemic Load:7.51, Inflammation Score:-10, Nutrition Score:7.9739130048648%

## Flavonoids

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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 190.76kcal (9.54%), Fat: 7.71g (11.86%), Saturated Fat: 4.88g (30.47%), Carbohydrates: 24.21g (8.07%), Net Carbohydrates: 21.94g (7.98%), Sugar: 12.06g (13.4%), Cholesterol: 20.34mg (6.78%), Sodium: 201.96mg (8.78%), Alcohol: 3.34g (100%), Alcohol %: 4.05% (100%), Protein: 1.28g (2.56%), Vitamin A: 10961.55IU (219.23%), Manganese: 0.2mg (10.15%), Fiber: 2.27g (9.07%), Vitamin B6: 0.16mg (8.11%), Potassium: 269.45mg (7.7%), Vitamin B5: 0.63mg (6.27%), Copper: 0.12mg (6.03%), Magnesium: 19.92mg (4.98%), Vitamin B1: 0.06mg (4%), Phosphorus: 38.57mg (3.86%), Calcium: 32.62mg (3.26%), Iron: 0.53mg (2.96%), Vitamin B2: 0.05mg (2.93%), Vitamin E: 0.42mg (2.77%), Vitamin C: 1.81mg (2.2%), Vitamin B3: 0.44mg (2.18%), Folate: 8.69µg (2.17%), Vitamin K: 2.02µg (1.93%), Zinc: 0.24mg (1.62%)