



Brown Sugar-Glazed Sweet Potato Wedges



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



217 kcal

SIDE DISH

Ingredients

- ☐ 1 stick cinnamon (3-inch)
- ☐ 0.8 cup t brown sugar dark packed
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.5 teaspoon nutmeg
- ☐ 1 teaspoon salt
- ☐ 4 pounds sweet potatoes and into peeled cut into 1/2-inch wedges cut in half crosswise, and
- ☐ 0.3 cup butter unsalted
- ☐ 0.3 cup water

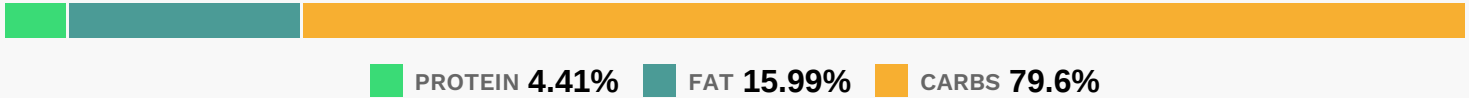
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Melt butter in a medium saucepan over medium heat.
- ☐ Add sugar, water, salt, nutmeg, ginger, and cinnamon; bring to a simmer. Cook 5 minutes, stirring frequently. Discard cinnamon stick.
- ☐ Combine sugar mixture and potato wedges in a large bowl; toss well to coat. Arrange potato mixture on a large jelly-roll pan coated with cooking spray.
- ☐ Bake at 400 for 40 minutes or until tender, stirring after 20 minutes.

Nutrition Facts



Properties

Glycemic Index:11.08, Glycemic Load:15.03, Inflammation Score:-10, Nutrition Score:11.531304399604%

Flavonoids

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 Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 217.49kcal (10.87%), Fat: 3.95g (6.07%), Saturated Fat: 2.48g (15.5%), Carbohydrates: 44.22g (14.74%), Net Carbohydrates: 39.5g (14.37%), Sugar: 19.69g (21.88%), Cholesterol: 10.17mg (3.39%), Sodium: 281.62mg (12.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Vitamin A: 21569.52IU (431.39%), Manganese: 0.47mg (23.34%), Fiber: 4.71g (18.86%), Vitamin B6: 0.32mg (16.13%), Potassium: 531.1mg (15.17%), Vitamin B5: 1.23mg (12.34%), Copper: 0.24mg (11.93%), Magnesium: 39.6mg (9.9%), Vitamin B1: 0.12mg (7.9%), Phosphorus:

73.18mg (7.32%), Calcium: 61.3mg (6.13%), Iron: 1.06mg (5.88%), Vitamin B2: 0.09mg (5.53%), Vitamin C: 3.64mg (4.42%), Vitamin B3: 0.87mg (4.34%), Folate: 17µg (4.25%), Vitamin E: 0.51mg (3.4%), Zinc: 0.47mg (3.14%), Vitamin K: 3.14µg (2.99%), Selenium: 1.15µg (1.65%)