



Camotes Enmielado (Candied Sweet Potatoes)



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



187 kcal

SIDE DISH

Ingredients

- ☐ 2 aniseed whole
- ☐ 2 cinnamon sticks
- ☐ 8 oz brown sugar packed (unrefined sugar)
- ☐ 2 large sweet potatoes and into peeled cut into 1-inch slices
- ☐ 8 servings condensed milk sweetened for garnish
- ☐ 8 cups water

Equipment

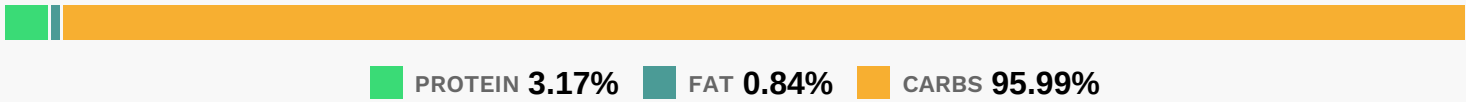
- ☐ sauce pan

☐ wooden spoon

Directions

- ☐ In 3-quart saucepan, place water, piloncillo, cinnamon sticks, anise stars and whole cloves.
- ☐ Heat to boiling, stirring with wooden spoon until piloncillo dissolves.
- ☐ After 5 minutes, add sweet potatoes. Reduce heat; cover and simmer 40 to 45 minutes.
- ☐ Remove and discard cinnamon sticks, anise stars and cloves. Reserve syrup.
- ☐ Serve sweet potatoes topped with reserved warm sweet syrup.
- ☐ Garnish with milk.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:8.79, Inflammation Score:-10, Nutrition Score:9.2908695658426%

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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 187.04kcal (9.35%), Fat: 0.18g (0.28%), Saturated Fat: 0.07g (0.47%), Carbohydrates: 46.29g (15.43%), Net Carbohydrates: 43.24g (15.72%), Sugar: 31.61g (35.13%), Cholesterol: 0.34mg (0.11%), Sodium: 67.91mg (2.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.05%), Vitamin A: 12064.98IU (241.3%), Manganese: 0.4mg (19.8%), Fiber: 3.05g (12.2%), Vitamin B6: 0.19mg (9.64%), Potassium: 335.24mg (9.58%), Copper: 0.18mg (9.25%), Vitamin B5: 0.73mg (7.3%), Calcium: 69.35mg (6.94%), Magnesium: 27.38mg (6.84%), Iron: 0.89mg (4.93%), Vitamin B1: 0.07mg (4.55%), Phosphorus: 45.27mg (4.53%), Vitamin B2: 0.06mg (3.36%), Vitamin B3: 0.53mg (2.63%), Vitamin C: 2.15mg (2.61%), Folate: 9.82µg (2.46%), Zinc: 0.33mg (2.17%), Vitamin K: 1.81µg (1.72%), Vitamin E: 0.24mg (1.62%), Selenium: 1.04µg (1.48%)