



Camotes Enmielado (Candied Sweet Potatoes)



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



184 kcal

SIDE DISH

Ingredients

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

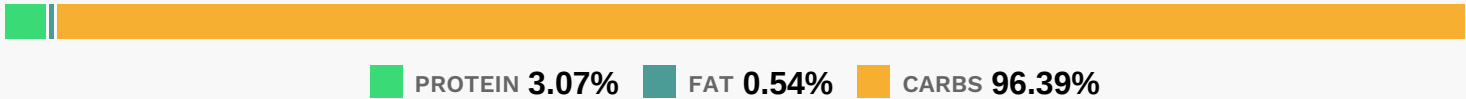
Equipment

- ☐ 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:8.5, Inflammation Score:-10, Nutrition Score:9.3508695730859%

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: 184.44kcal (9.22%), Fat: 0.11g (0.17%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 45.86g (15.29%), Net Carbohydrates: 42.78g (15.56%), Sugar: 31.14g (34.6%), Cholesterol: 0.04mg (0.01%), Sodium: 67.01mg (2.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Vitamin A: 12062.76IU (241.26%), Manganese: 0.44mg (22.06%), Fiber: 3.08g (12.31%), Vitamin B6: 0.19mg (9.63%), Potassium: 332.76mg (9.51%), Copper: 0.19mg (9.25%), Vitamin B5: 0.72mg (7.24%), Magnesium: 27.34mg (6.84%), Calcium: 67.34mg (6.73%), Iron: 0.89mg (4.97%), Vitamin B1: 0.07mg (4.5%), Phosphorus: 43.14mg (4.31%), Vitamin B2: 0.05mg (3.15%), Vitamin B3: 0.53mg (2.63%), Vitamin C: 2.13mg (2.58%), Folate: 9.74µg (2.44%), Zinc: 0.32mg (2.13%), Vitamin K: 1.91µg (1.82%), Vitamin E: 0.25mg (1.65%), Selenium: 0.91µg (1.31%)