



Candied Sweet Potatoes

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



10

CALORIES



1035 kcal

SIDE DISH

Ingredients

- 1.8 cups firmly brown sugar packed
- 0.5 cup butter melted
- 1.5 teaspoons ground cinnamon
- 2 tablespoons orange rind grated
- 1 cup pecans chopped
- 8 large sweet potatoes
- 0.8 cup water
- 10 servings yam variation

Equipment

- oven
- baking pan

Directions

- Cook sweet potatoes in boiling water to cover 35 to 40 minutes or until tender.
- Let cool to touch; peel, and cut into 1/2-inch slices.
- Combine sugar, butter, cinnamon, and pecans. Arrange a layer of potatoes in a lightly greased 13- x 9- x 2-inch baking pan.
- Sprinkle half of sugar mixture over potatoes. Repeat layers.
- Add water, and sprinkle with orange rind.
- Bake at 350 for 35 minutes.

Nutrition Facts



Properties

Glycemic Index:12.48, Glycemic Load:78.77, Inflammation Score:-10, Nutrition Score:43.352173927038%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1034.65kcal (51.73%), Fat: 17.84g (27.45%), Saturated Fat: 2.77g (17.34%), Carbohydrates: 211.75g (70.58%), Net Carbohydrates: 185.04g (67.29%), Sugar: 51.25g (56.95%), Cholesterol: 0mg (0%), Sodium:

306.16mg (13.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.87g (23.75%), Vitamin A: 39586.26IU (791.73%), Manganese: 2.94mg (146.83%), Potassium: 4448.34mg (127.1%), Fiber: 26.71g (106.85%), Vitamin C: 80.13mg (97.13%), Vitamin B6: 1.84mg (92.07%), Copper: 1.31mg (65.61%), Vitamin B1: 0.76mg (50.48%), Magnesium: 173.82mg (43.45%), Phosphorus: 393.63mg (39.36%), Vitamin B5: 3.66mg (36.56%), Folate: 129.79µg (32.45%), Iron: 4.51mg (25.06%), Calcium: 201.46mg (20.15%), Vitamin B3: 4.02mg (20.1%), Vitamin B2: 0.32mg (18.82%), Vitamin E: 2.69mg (17.94%), Zinc: 2.34mg (15.6%), Vitamin K: 15.03µg (14.32%), Selenium: 5.47µg (7.81%)