



Candied Sweet Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



207 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 0.3 cup orange juice
- ☐ 2 sweet potatoes

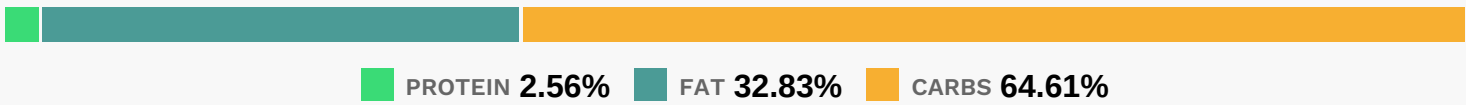
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Boil cut-up sweet potatoes or bake at 350 degrees F (175 degrees C) whole sweet potatoes until tender.
- ☐ In a frying pan, melt the butter and brown sugar together until bubbly.
- ☐ Add the orange juice and stir until smooth.
- ☐ Add the cut-up sweet potatoes and cook slowly, turning occasionally until the sweet potatoes are caramelized, about 20 minutes. If syrup is too thin, add a bit more brown sugar.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:8.03, Inflammation Score:-10, Nutrition Score:8.5091304221879%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 206.92kcal (10.35%), Fat: 7.73g (11.89%), Saturated Fat: 4.88g (30.49%), Carbohydrates: 34.22g (11.41%), Net Carbohydrates: 31.94g (11.62%), Sugar: 21.81g (24.23%), Cholesterol: 20.34mg (6.78%), Sodium: 107.49mg (4.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.71%), Vitamin A: 10944.57IU (218.89%), Manganese: 0.21mg (10.38%), Fiber: 2.28g (9.12%), Potassium: 301.19mg (8.61%), Vitamin B6: 0.17mg (8.47%), Vitamin C: 6.97mg (8.45%), Vitamin B5: 0.66mg (6.57%), Copper: 0.13mg (6.35%), Magnesium: 21.81mg (5.45%), Vitamin B1: 0.07mg (4.57%), Calcium: 41.22mg (4.12%), Phosphorus: 40.17mg (4.02%), Iron: 0.61mg (3.4%), Vitamin B2: 0.05mg (3.07%), Folate: 11.85µg (2.96%), Vitamin E: 0.42mg (2.8%), Vitamin B3: 0.49mg (2.43%), Vitamin K: 2.03µg (1.93%), Zinc: 0.25mg (1.63%), Selenium: 0.78µg (1.11%)