



Candied Sweet Potatoes



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



410 kcal

SIDE DISH

Ingredients

- ☐ 2 lb sweet potatoes and into
- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.8 cup orange juice
- ☐ 2 tablespoons butter

- ☐ 1 cup pinenuts crushed
- ☐ 2 tablespoons pecans chopped
- ☐ 1 teaspoon butter melted

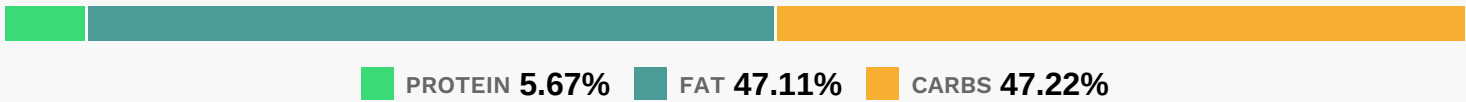
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ In 4-quart saucepan or Dutch oven, place potatoes; add enough water just to cover potatoes.
- ☐ Heat to boiling. Reduce heat to low; cover and simmer 20 to 25 minutes or just until potatoes are tender.
- ☐ Drain; rinse with cold water to cool slightly.
- ☐ Heat oven to 350°F. Spray 2- to 2 1/2-quart shallow casserole with cooking spray.
- ☐ Remove skins from sweet potatoes.
- ☐ Cut into 1/2-inch slices; place in casserole.
- ☐ In 1-quart saucepan, heat brown sugar, cornstarch, salt, cinnamon, nutmeg, apple juice and 2 tablespoons butter to boiling over medium-high heat, stirring constantly. Boil and stir 1 minute.
- ☐ Pour mixture over potatoes. In small bowl, mix topping ingredients until crumbly.
- ☐ Sprinkle evenly over sweet potatoes.
- ☐ Bake uncovered 15 to 20 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:16.69, Inflammation Score:-10, Nutrition Score:21.326956493699%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg 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: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 410.36kcal (20.52%), Fat: 22.39g (34.44%), Saturated Fat: 2.28g (14.27%), Carbohydrates: 50.49g (16.83%), Net Carbohydrates: 44.62g (16.23%), Sugar: 21.75g (24.16%), Cholesterol: 0mg (0%), Sodium: 333.15mg (14.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.12%), Vitamin A: 21718.09IU (434.36%), Manganese: 2.57mg (128.27%), Copper: 0.59mg (29.35%), Magnesium: 103.28mg (25.82%), Fiber: 5.87g (23.47%), Vitamin C: 19.37mg (23.47%), Phosphorus: 217.15mg (21.72%), Potassium: 739.18mg (21.12%), Vitamin E: 2.73mg (18.17%), Vitamin B6: 0.36mg (18.12%), Vitamin B1: 0.25mg (16.71%), Vitamin K: 15.05µg (14.33%), Vitamin B5: 1.39mg (13.89%), Zinc: 2.08mg (13.87%), Iron: 2.42mg (13.47%), Vitamin B3: 2.01mg (10.05%), Vitamin B2: 0.16mg (9.36%), Folate: 34.57µg (8.64%), Calcium: 68.47mg (6.85%), Selenium: 1.41µg (2.02%)