



Candied Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



240 kcal

SIDE DISH

Ingredients

- 0.5 cup brown sugar packed
- 0.3 cup butter
- 0.3 cup orange juice
- 2 large sweet potatoes and into

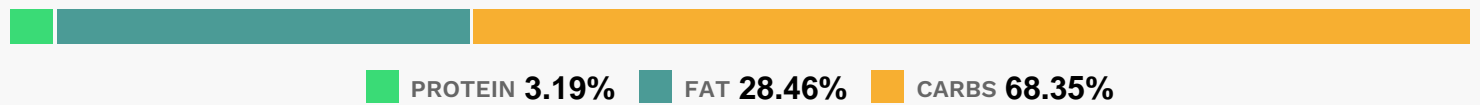
Equipment

- 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:11.8, Inflammation Score:-10, Nutrition Score:10.183478294507%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, 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, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 239.6kcal (11.98%), Fat: 7.75g (11.92%), Saturated Fat: 4.88g (30.53%), Carbohydrates: 41.87g (13.96%), Net Carbohydrates: 38.45g (13.98%), Sugar: 23.39g (25.99%), Cholesterol: 20.34mg (6.78%), Sodium: 128.39mg (5.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.91%), Vitamin A: 16335.63IU (326.71%), Manganese: 0.31mg (15.28%), Fiber: 3.42g (13.68%), Vitamin B6: 0.25mg (12.44%), Potassium: 429.25mg (12.26%), Vitamin B5: 0.96mg (9.61%), Vitamin C: 7.89mg (9.56%), Copper: 0.18mg (9.21%), Magnesium: 31.31mg (7.83%), Vitamin B1: 0.1mg (6.54%), Phosphorus: 58.03mg (5.8%), Calcium: 52.62mg (5.26%), Iron: 0.84mg (4.69%), Vitamin B2: 0.08mg (4.44%), Folate: 16.03µg (4.01%), Vitamin B3: 0.7mg (3.48%), Vitamin E: 0.52mg (3.45%), Vitamin K: 2.71µg (2.58%), Zinc: 0.36mg (2.39%), Selenium: 1µg (1.44%)