



WHATSheATE



Candied Sweet Potatoes and Apples



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



458 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple cider
- ☐ 3 large braeburn cored cut into 1/2
- ☐ 1 cup firmly brown sugar light packed
- ☐ 1 cup butter
- ☐ 0.3 teaspoon salt
- ☐ 2 pounds sweet potatoes peeled
- ☐ 1 teaspoon vanilla extract

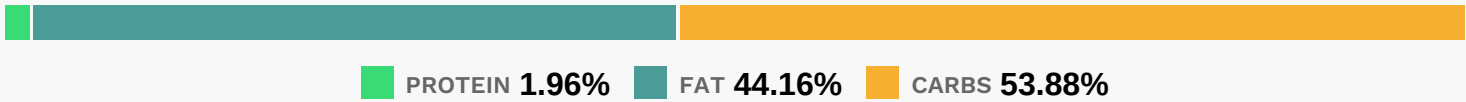
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cut sweet potatoes in half crosswise. Cook in boiling water to cover 10 minutes.
- ☐ Drain and cool.
- ☐ Cut crosswise into 1/2" slices.
- ☐ Combine brown sugar and next 3 ingredients in a medium saucepan. Bring to a boil; boil 10 minutes.
- ☐ Remove from heat; stir in vanilla.
- ☐ Layer sweet potato and apple slices in a greased 13" x 9" baking dish.
- ☐ Pour glaze over slices.
- ☐ Bake, uncovered, at 400 for 1 hour or until potatoes are candied and glaze is thickened, basting with glaze after 30 minutes.

Nutrition Facts



Properties

Glycemic Index:16.34, Glycemic Load:14.98, Inflammation Score:-10, Nutrition Score:11.525217365959%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.99mg, Epicatechin: 6.99mg, Epicatechin: 6.99mg, Epicatechin: 6.99mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 457.75kcal (22.89%), Fat: 23.06g (35.48%), Saturated Fat: 4.79g (29.91%), Carbohydrates: 63.32g (21.11%), Net Carbohydrates: 57.88g (21.05%), Sugar: 41.59g (46.22%), Cholesterol: 0mg (0%), Sodium: 411.79mg (17.9%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 2.3g (4.6%), Vitamin A: 17148.07IU (342.96%), Fiber: 5.44g (21.75%), Manganese: 0.35mg (17.58%), Potassium: 535.78mg (15.31%), Vitamin B6: 0.29mg (14.4%), Copper: 0.21mg (10.45%), Vitamin B5: 1.03mg (10.26%), Magnesium: 36.66mg (9.16%), Vitamin E: 1.33mg (8.84%), Vitamin C: 6.76mg (8.19%), Vitamin B1: 0.11mg (7.24%), Calcium: 71.65mg (7.17%), Phosphorus: 71.18mg (7.12%), Vitamin B2: 0.1mg (6.14%), Iron: 1.01mg (5.59%), Folate: 15.54µg (3.89%), Vitamin B3: 0.76mg (3.79%), Vitamin K: 3.88µg (3.7%), Zinc: 0.39mg (2.57%), Selenium: 1.03µg (1.46%)