



Candied Yams

 Vegetarian  Gluten Free

READY IN



31 min.

SERVINGS



12

CALORIES



353 kcal

SIDE DISH

Ingredients

- 1 cup firmly brown sugar light packed
- 0.3 cup butter melted
- 1 teaspoon ground cinnamon
- 1 tablespoon vanilla bean paste
- 120 oz cans cut yams (with sugary sweet potatoes in syrup) drained well canned

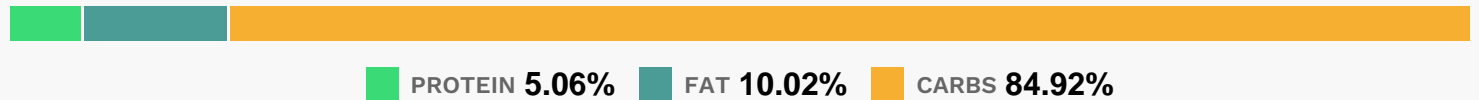
Equipment

- oven
- baking pan

Directions

- Arrange yams in a lightly greased 13" x 9" baking dish.
- Sprinkle brown sugar over yams.
- Combine butter and next 2 ingredients.
- Drizzle over yams.
- Bake, uncovered, at 425 for 20 minutes.
- Sprinkle marshmallows over yams, if desired, and bake 5 more minutes.
- Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:9.42, Glycemic Load:28.15, Inflammation Score:-10, Nutrition Score:17.264782682709%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 352.79kcal (17.64%), Fat: 3.98g (6.12%), Saturated Fat: 2.48g (15.51%), Carbohydrates: 75.91g (25.3%), Net Carbohydrates: 67.32g (24.48%), Sugar: 30.39g (33.77%), Cholesterol: 10.17mg (3.39%), Sodium: 191.48mg (8.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.04%), Vitamin A: 40338.14IU (806.76%), Manganese: 0.77mg (38.61%), Fiber: 8.59g (34.37%), Vitamin B6: 0.6mg (30.02%), Potassium: 981.62mg (28.05%), Vitamin B5: 2.3mg (22.98%), Copper: 0.44mg (21.86%), Magnesium: 72.72mg (18.18%), Vitamin B1: 0.22mg (14.76%), Phosphorus: 135.22mg (13.52%), Iron: 1.87mg (10.41%), Calcium: 103.07mg (10.31%), Vitamin B2: 0.17mg (10.27%), Vitamin C: 6.81mg (8.25%), Vitamin B3: 1.6mg (8.02%), Folate: 31.52µg (7.88%), Zinc: 0.86mg (5.76%), Vitamin E: 0.85mg (5.67%), Vitamin K: 5.49µg (5.22%), Selenium: 1.97µg (2.82%)