

## Candied Yams



Vegetarian



Gluten Free

READY IN



257 min.

SERVINGS



8

CALORIES



457 kcal

SIDE DISH

### Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 2 tablespoons cornstarch
- ☐ 1 cup granulated sugar
- ☐ 0.3 teaspoon salt
- ☐ 4 pounds sweet potatoes and into peeled cut into 1/2-inch-thick slices
- ☐ 2 teaspoons vanilla extract

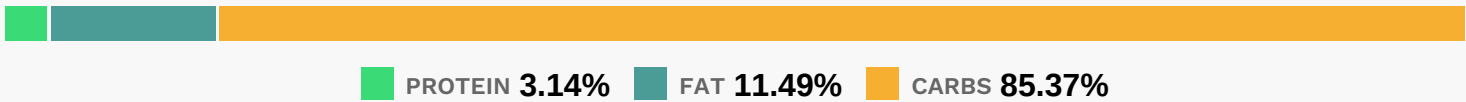
### Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ microwave
- ☐ slotted spoon
- ☐ slow cooker

## Directions

- ☐ Microwave butter in a microwave–safe bowl at HIGH 30 seconds to 1 minute or until melted; stir in vanilla and salt.
- ☐ Stir together granulated sugar and brown sugar in a medium bowl.
- ☐ Layer potatoes and sugar mixture in a lightly greased 6–qt. slow cooker, beginning with potatoes and ending with sugar mixture.
- ☐ Pour butter mixture over top. Cover and cook on LOW 4 hours or until potatoes are tender.
- ☐ Transfer potatoes to a serving dish using a slotted spoon, reserving liquid in slow cooker. Keep potatoes warm.
- ☐ Remove 1/3 cup liquid from slow cooker; whisk cornstarch into 1/3 cup liquid until smooth. Carefully pour remaining liquid from slow cooker into a medium saucepan.
- ☐ Whisk in cornstarch mixture. Bring to a boil over medium heat; cook 1 to 2 minutes or until thickened.
- ☐ Pour over potatoes.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:22.26, Glycemic Load:39.97, Inflammation Score:-10, Nutrition Score:14.890869708813%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 457.16kcal (22.86%), Fat: 5.95g (9.15%), Saturated Fat: 3.69g (23.05%), Carbohydrates: 99.46g (33.16%), Net Carbohydrates: 92.64g (33.69%), Sugar: 61.24g (68.04%), Cholesterol: 15.25mg (5.08%), Sodium: 251.24mg (10.92%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Protein: 3.66g (7.32%), Vitamin A: 32352.85IU (647.06%), Manganese: 0.61mg (30.36%), Fiber: 6.82g (27.29%), Vitamin B6: 0.49mg (24.29%), Potassium: 804.64mg (22.99%), Vitamin B5: 1.86mg (18.59%), Copper: 0.36mg (17.95%), Magnesium: 59.5mg (14.87%), Vitamin B1: 0.18mg (11.82%), Phosphorus: 109.72mg (10.97%), Calcium: 93.01mg (9.3%), Iron: 1.6mg (8.91%), Vitamin B2: 0.15mg (8.62%), Vitamin C: 5.44mg (6.6%), Vitamin B3: 1.3mg (6.5%), Folate: 25.44µg (6.36%), Vitamin E: 0.75mg (5.03%), Zinc: 0.7mg (4.67%), Vitamin K: 4.58µg (4.36%), Selenium: 1.97µg (2.81%)