



## Candied Yams

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



383 kcal

SIDE DISH

### Ingredients

- 2 teaspoons apple juice
- 0.3 cup brown sugar light packed
- 2 teaspoons kosher salt
- 2 cups marshmallows mini
- 3.5 pounds sweet potatoes and into
- 4 tablespoons butter unsalted ()

### Equipment

- oven

- knife
- pot
- baking pan
- broiler

## Directions

- Heat oven to 350°F.
- Place yams in a large pot (they should fit in a single layer). Cover with cold water and add salt and cloves. Bring to a boil over medium heat; cover pot and reduce heat to medium low. Simmer until yams give only a little resistance when pierced with a sharp knife, about 20 minutes.
- Drain yams and rinse under cold water. Butter an 11-by-7-inch baking dish. When yams are cool enough to handle, peel and cut into 1-inch cubes.
- Transfer to the baking dish and set aside. Melt butter in a small frying pan over low heat.
- Add sugar, stirring until dissolved. Stir in apple juice, drizzle mixture over yams, and bake, stirring occasionally, until yams are syrupy, bubbly, and completely cooked, about 20 minutes. If topping with marshmallows, heat broiler.
- Sprinkle marshmallows over yams and broil until lightly toasted, about 1 minute. (Watch carefully so they don't burn.)
- Serve.

## Nutrition Facts



**PROTEIN 4.64%** **FAT 17.78%** **CARBS 77.58%**

## Properties

Glycemic Index:26.54, Glycemic Load:34.54, Inflammation Score:-10, Nutrition Score:16.443912907787%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 383.07kcal (19.15%), Fat: 7.74g (11.9%), Saturated Fat: 4.85g (30.32%), Carbohydrates: 75.97g (25.32%), Net Carbohydrates: 68.02g (24.73%), Sugar: 29.72g (33.02%), Cholesterol: 20.07mg (6.69%), Sodium: 937.68mg (40.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.09%), Vitamin A: 37771.43IU (755.43%), Manganese: 0.69mg (34.67%), Fiber: 7.96g (31.83%), Vitamin B6: 0.56mg (27.89%), Potassium: 908.8mg (25.97%), Vitamin B5: 2.14mg (21.41%), Copper: 0.42mg (21.12%), Magnesium: 67.6mg (16.9%), Vitamin B1: 0.21mg (13.82%), Phosphorus: 128.42mg (12.84%), Vitamin B2: 0.17mg (9.71%), Iron: 1.73mg (9.6%), Calcium: 90.34mg (9.03%), Vitamin C: 6.37mg (7.72%), Vitamin B3: 1.5mg (7.51%), Folate: 29.64µg (7.41%), Vitamin E: 0.9mg (6.03%), Zinc: 0.81mg (5.43%), Vitamin K: 5.42µg (5.16%), Selenium: 2.08µg (2.97%)