



Candied Yams

 **Vegetarian**  **Vegan**  **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



501 kcal

SIDE DISH

Ingredients

- 0.5 cup brown sugar
- 0.3 cup granulated sugar
- 1 tablespoons ground cinnamon
- 1 cup orange juice fresh
- 1 cup pineapple juice fresh
- 1 cup water cold
- 4 pounds yam

Equipment

- oven
- baking pan

Directions

- Peel yams and cut in one-inch pieces.
- Place yams in cold water until all yams are peeled and cut.
- Drain yams.
- Place cut yams in deep baking dish.
- Add sugar, pineapple juice, orange juice, and water.
- Sprinkle ground cinnamon over top of yams. Cover yams and bake in 400 degree preheated oven for approximately 40-50 minutes or until yams are fork-tender.

Nutrition Facts

PROTEIN 4.02% **FAT 1.21%** **CARBS 94.77%**

Properties

Glycemic Index:37.48, Glycemic Load:47.55, Inflammation Score:-7, Nutrition Score:23.856521834498%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 501.32kcal (25.07%), Fat: 0.69g (1.06%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 121.03g (40.34%), Net Carbohydrates: 107.76g (39.19%), Sugar: 35.04g (38.93%), Cholesterol: 0mg (0%), Sodium: 35.74mg (1.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.27%), Vitamin C: 76.36mg (92.56%), Manganese: 1.65mg (82.47%), Potassium: 2631.64mg (75.19%), Fiber: 13.27g (53.07%), Vitamin B6: 0.95mg (47.58%), Copper: 0.6mg (30.18%), Vitamin B1: 0.4mg (26.6%), Folate: 89.29µg (22.32%), Magnesium: 75.61mg (18.9%), Phosphorus: 178.08mg (17.81%), Iron: 2.08mg (11.57%), Vitamin B5: 1.08mg (10.79%), Vitamin A: 505.87IU (10.12%), Vitamin B3: 1.95mg (9.75%), Calcium: 90.91mg (9.09%), Vitamin E: 1.11mg (7.42%), Vitamin K: 7.53µg (7.17%), Vitamin B2: 0.12mg (7.03%), Zinc: 0.82mg (5.5%), Selenium: 2.51µg (3.58%)