



## Candied Yams



Vegetarian



Gluten Free



Popular

READY IN



35 min.

SERVINGS



6

CALORIES



440 kcal

SIDE DISH

## Ingredients

- ☐ 3 pounds ruby sweet potatoes peeled cut into 2-inch chunks (yams)
- ☐ 6 servings salt
- ☐ 2 cups orange juice
- ☐ 1 cups brown sugar
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon cinnamon
- ☐ 4 Tbsp butter

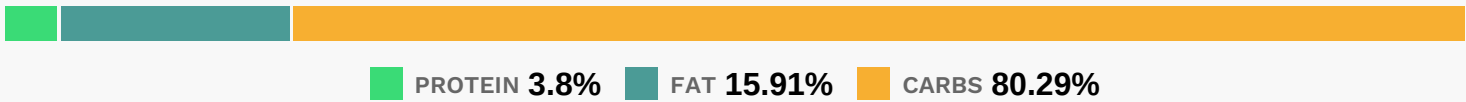
## Equipment

- ☐ frying pan
- ☐ pot

## Directions

- ☐ Boil the sweet potatoes 5 to 10 min:
- ☐ Place the cut sweet potatoes in a pot and cover with a couple inches of cold water. Bring to a boil and add a generous pinch of salt.
- ☐ Boil the sweet potatoes for 5–10 minutes, or until you can just pierce them with the tines of a fork, but not fully cooked (you will continue to cook in the next step).
- ☐ Drain and set aside.
- ☐ Simmer remaining ingredients:
- ☐ Mix the remaining ingredients (orange juice, brown sugar, ground ginger, cinnamon, butter) in a shallow, wide sauté pan and bring to a boil on high heat.
- ☐ Add the sweet potatoes and coat well with the sauce. Boil on high heat until the sauce reduces to a syrup, about 10 minutes.
- ☐ Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:27.5, Glycemic Load:26.91, Inflammation Score:-10, Nutrition Score:18.792608604483%

## Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 440.42kcal (22.02%), Fat: 7.97g (12.25%), Saturated Fat: 4.93g (30.82%), Carbohydrates: 90.46g (30.15%), Net Carbohydrates: 83.38g (30.32%), Sugar: 52.01g (57.78%), Cholesterol: 20.35mg (6.78%), Sodium:

390.55mg (16.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.57%), Vitamin A: 32578.03IU (651.56%), Vitamin C: 46.78mg (56.71%), Manganese: 0.71mg (35.26%), Fiber: 7.08g (28.32%), Potassium: 983.63mg (28.1%), Vitamin B6: 0.52mg (26.18%), Vitamin B5: 2.03mg (20.32%), Copper: 0.4mg (19.88%), Magnesium: 69.74mg (17.44%), Vitamin B1: 0.25mg (16.79%), Folate: 50.43µg (12.61%), Phosphorus: 124.77mg (12.48%), Calcium: 111.82mg (11.18%), Iron: 1.86mg (10.33%), Vitamin B2: 0.17mg (9.81%), Vitamin B3: 1.66mg (8.28%), Vitamin E: 0.85mg (5.64%), Zinc: 0.75mg (5.01%), Vitamin K: 4.88µg (4.65%), Selenium: 2.08µg (2.97%)