



Caramelized Onion and Sweet Potato Skillet

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



138 kcal

SIDE DISH

Ingredients

- 1 teaspoon soybean oil
- 1 pound sweet potatoes and into peeled sliced ()
- 0.3 large onion sweet spanish sliced (Bermuda, Maui, or Walla Walla)
- 2 tablespoons brown sugar packed
- 0.5 teaspoon walkerswood jamaican jerk seasoning dry ()
- 1 tablespoon parsley fresh chopped

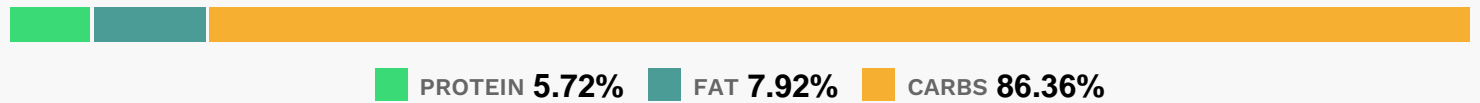
Equipment

- frying pan

Directions

- Heat oil in 10-inch skillet over medium heat. Cook sweet potatoes and onion in oil about 5 minutes, stirring occasionally, until light brown; reduce heat to low. Cover and cook 10 to 12 minutes, stirring occasionally, until potatoes are tender.
- Stir in brown sugar and jerk seasoning. Cook uncovered about 3 minutes, stirring occasionally, until glazed.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:11.27, Inflammation Score:-10, Nutrition Score:10.927391249201%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 137.95kcal (6.9%), Fat: 1.24g (1.91%), Saturated Fat: 0.2g (1.25%), Carbohydrates: 30.45g (10.15%), Net Carbohydrates: 26.74g (9.72%), Sugar: 11.63g (12.92%), Cholesterol: 0mg (0%), Sodium: 70.36mg (3.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.03%), Vitamin A: 16246.36IU (324.93%), Vitamin K: 20.84µg (19.84%), Manganese: 0.32mg (15.9%), Fiber: 3.71g (14.83%), Vitamin B6: 0.27mg (13.62%), Potassium: 425.16mg (12.15%), Copper: 0.19mg (9.48%), Vitamin B5: 0.94mg (9.42%), Magnesium: 31.62mg (7.91%), Vitamin B1: 0.1mg (6.56%), Vitamin C: 5.05mg (6.12%), Phosphorus: 60.45mg (6.05%), Iron: 0.89mg (4.96%), Folate: 18.88µg (4.72%), Calcium: 45.34mg (4.53%), Vitamin B2: 0.08mg (4.51%), Vitamin B3: 0.71mg (3.54%), Vitamin E: 0.49mg (3.29%), Zinc: 0.39mg (2.6%), Selenium: 0.91µg (1.3%)