



Chili-glazed Sweet Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



217 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 0.7 cup jalapeno jelly red
- ☐ 3 tablespoons juice of lime
- ☐ 0.3 cup red wine vinegar
- ☐ 10 servings salt
- ☐ 4.5 pounds sweet potatoes and into

Equipment

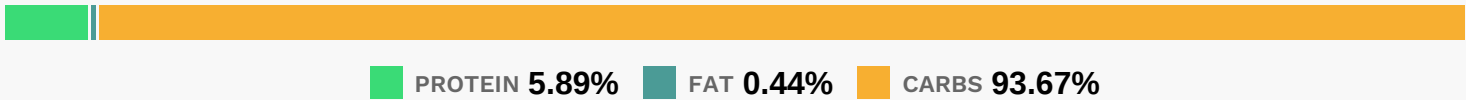
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave
- ☐ spatula

Directions

- ☐ Peel sweet potatoes and cut into 1-inch chunks. Divide chunks equally between 2 lightly oiled baking pans (each 10 by 15 in.); cover tightly with foil.
- ☐ Bake in a 450 oven for 15 minutes. Uncover and continue to bake until sweet potatoes are tender when pierced, about 25 minutes longer; switch pan positions halfway through baking.
- ☐ Meanwhile, put jelly in a 2-cup glass measure.
- ☐ Heat in a microwave oven at full power (100%) until softened, about 20 seconds.
- ☐ Add vinegar and stir until well blended.
- ☐ Combine sweet potatoes in 1 pan.
- ☐ Pour jelly mixture evenly over potatoes and turn chunks with a spatula to coat evenly. Continue baking until jelly mixture thickens and sticks to sweet potatoes, about 10 minutes, turning chunks often to prevent scorching.
- ☐ Pour into a wide bowl.
- ☐ Sprinkle with cilantro and add about 3 tablespoons lime juice and salt to taste.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:20.27, Inflammation Score:-10, Nutrition Score:13.653913114382%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin:

0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 217.1kcal (10.86%), Fat: 0.11g (0.17%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 51.48g (17.16%), Net Carbohydrates: 45.33g (16.48%), Sugar: 17.5g (19.44%), Cholesterol: 0mg (0%), Sodium: 312.47mg (13.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.47%), Vitamin A: 29095.59IU (581.91%), Manganese: 0.53mg (26.66%), Fiber: 6.15g (24.61%), Vitamin B6: 0.43mg (21.45%), Potassium: 698.37mg (19.95%), Vitamin B5: 1.64mg (16.41%), Copper: 0.31mg (15.56%), Magnesium: 51.82mg (12.95%), Vitamin B1: 0.16mg (10.71%), Phosphorus: 97.39mg (9.74%), Vitamin C: 7.7mg (9.33%), Vitamin B2: 0.13mg (7.4%), Iron: 1.29mg (7.19%), Calcium: 62.73mg (6.27%), Folate: 23.15µg (5.79%), Vitamin B3: 1.15mg (5.74%), Vitamin K: 4.94µg (4.71%), Zinc: 0.62mg (4.14%), Vitamin E: 0.55mg (3.67%), Selenium: 1.23µg (1.76%)