



Chipotle-Glazed Sweet Potato Spears with Lime

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



251 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon chipotle powder
- ☐ 0.5 cup honey
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 teaspoon sea salt
- ☐ 4 pounds sweet potatoes peeled cut into 1/2-inch wedges
- ☐ 0.3 cup butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Preheat oven to 40
- ☐ Place potato wedges in a large bowl. Coat rimmed baking sheet with cooking spray, and set aside.
- ☐ Melt butter in a saucepan over medium heat.
- ☐ Whisk in chipotle powder and remaining ingredients. Bring to a simmer, stirring constantly, and cook 3 minutes.
- ☐ Pour glaze over potatoes, and toss to combine. Arrange in a single layer on prepared baking sheet. Use a rubber spatula to scrape bowl, drizzling remaining glaze over potatoes. Cover pan tightly with foil. Roast for 40 minutes.
- ☐ Remove foil, and baste potatoes.
- ☐ Bake, tossing every 10 minutes, for 20 minutes more or until tender and caramelized at the edges.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:11.03, Glycemic Load:25.3, Inflammation Score:-10, Nutrition Score:12.935652176971%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 250.83kcal (12.54%), Fat: 4.73g (7.27%), Saturated Fat: 2.95g (18.46%), Carbohydrates: 51.25g (17.08%), Net Carbohydrates: 45.68g (16.61%), Sugar: 21.65g (24.06%), Cholesterol: 12.2mg (4.07%), Sodium: 337.08mg (14.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Vitamin A: 25945.61IU (518.91%), Manganese: 0.49mg (24.37%), Fiber: 5.58g (22.32%), Vitamin B6: 0.39mg (19.53%), Potassium: 635mg (18.14%), Vitamin B5: 1.48mg (14.81%), Copper: 0.29mg (14.27%), Magnesium: 46.76mg (11.69%), Vitamin B1: 0.14mg (9.62%), Phosphorus: 89.04mg (8.9%), Vitamin C: 6.86mg (8.32%), Vitamin B2: 0.12mg (7.18%), Iron: 1.22mg (6.79%), Calcium: 58.74mg (5.87%), Vitamin B3: 1.07mg (5.34%), Folate: 21.33µg (5.33%), Vitamin E: 0.7mg (4.65%), Zinc: 0.6mg (4.02%), Vitamin K: 3.92µg (3.74%), Selenium: 1.33µg (1.9%)