



Cinnamon Apple Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



100 min.

SERVINGS



15

CALORIES



207 kcal

SIDE DISH

Ingredients

- 6 large apples cored peeled sliced
- 1 tablespoon butter
- 0.3 cup cornstarch
- 2 tablespoons ground cinnamon
- 2 teaspoons nutmeg
- 1.3 teaspoons salt
- 6 sweet potatoes and into
- 2.5 cups water

1.3 cups granulated sugar white

Equipment

sauce pan

oven

pot

baking pan

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Place the sweet potatoes into a large pot and cover with salted water. Bring to a boil over high heat; reduce heat to medium-low, cover, and simmer until just tender, 15 to 20 minutes.

Drain and allow to steam dry for a minute or two. Peel and cut into 1/2-inch slices; layer the sweet potatoes and apples into a 9x13-inch baking dish.

Meanwhile, stir together the sugar, cornstarch, salt, cinnamon, and nutmeg in a saucepan. Stir in the water and butter and bring to a simmer over medium heat. Cook and stir until thickened and no longer cloudy, 5 to 10 minutes.

Pour over the sweet potatoes.

Bake in the preheated oven until the apples are very tender and the sweet potatoes are golden on top, about 1 hour.

Nutrition Facts



PROTEIN 3.17% **FAT 4.64%** **CARBS 92.19%**

Properties

Glycemic Index:19.01, Glycemic Load:23.93, Inflammation Score:-10, Nutrition Score:10.465217379043%

Flavonoids

Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 6.72mg, Epicatechin: 6.72mg, Epicatechin: 6.72mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-

gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 207.15kcal (10.36%), Fat: 1.12g (1.72%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 50.04g (16.68%), Net Carbohydrates: 44.54g (16.2%), Sugar: 29.79g (33.1%), Cholesterol: 2.01mg (0.67%), Sodium: 252.88mg (10.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.45%), Vitamin A: 12899.96IU (258%), Manganese: 0.46mg (23.04%), Fiber: 5.49g (21.98%), Potassium: 406.28mg (11.61%), Vitamin B6: 0.23mg (11.38%), Copper: 0.18mg (8.78%), Vitamin B5: 0.78mg (7.82%), Vitamin C: 6.32mg (7.66%), Magnesium: 28.67mg (7.17%), Vitamin B1: 0.09mg (5.79%), Phosphorus: 54.05mg (5.41%), Vitamin B2: 0.08mg (4.85%), Calcium: 45.39mg (4.54%), Iron: 0.78mg (4.31%), Vitamin K: 3.99µg (3.8%), Folate: 12.91µg (3.23%), Vitamin B3: 0.6mg (3.01%), Vitamin E: 0.44mg (2.95%), Zinc: 0.34mg (2.27%), Selenium: 0.75µg (1.07%)