



Cinnamon Sweet Potato Slices

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

SIDE DISH

Ingredients

- 0.3 cup butter melted
- 0.5 teaspoon ground cinnamon
- 2 tablespoons sugar
- 4 medium sweet potatoes and into peeled sliced


Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray a baking sheet with cooking spray.
- Arrange sweet potato slices on the baking sheet.
- Brush with 1/2 the butter.
- Mix the sugar and cinnamon in a small bowl, and sprinkle 1/2 over the potatoes.
- Bake 15 minutes in the preheated oven. Turn, brush with remaining butter, and sprinkle with remaining cinnamon and sugar. Continue baking 15 minutes, or until tender.

Nutrition Facts

 **PROTEIN 4.51%**  **FAT 32.13%**  **CARBS 63.36%**

Properties

Glycemic Index:45.77, Glycemic Load:26.64, Inflammation Score:-10, Nutrition Score:14.70173904818%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 319.8kcal (15.99%), Fat: 11.64g (17.91%), Saturated Fat: 7.33g (45.84%), Carbohydrates: 51.66g (17.22%), Net Carbohydrates: 44.74g (16.27%), Sugar: 15.45g (17.17%), Cholesterol: 30.5mg (10.17%), Sodium: 215.61mg (9.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Vitamin A: 32417.9IU (648.36%), Manganese: 0.63mg (31.35%), Fiber: 6.91g (27.65%), Vitamin B6: 0.47mg (23.66%), Potassium: 766.22mg (21.89%), Vitamin B5: 1.82mg (18.25%), Copper: 0.34mg (17.13%), Magnesium: 56.93mg (14.23%), Vitamin B1: 0.18mg (11.8%), Phosphorus: 109.79mg (10.98%), Vitamin B2: 0.14mg (8.47%), Iron: 1.41mg (7.81%), Calcium: 73.77mg (7.38%), Vitamin C: 5.43mg (6.59%), Vitamin B3: 1.27mg (6.34%), Folate: 25.3µg (6.33%), Vitamin E: 0.92mg (6.15%), Vitamin K: 5.14µg (4.89%), Zinc: 0.7mg (4.64%), Selenium: 1.54µg (2.2%)