



Citrus Sweet Potato Rounds

 Vegetarian  Gluten Free

READY IN



103 min.

SERVINGS



10

CALORIES



303 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 1 tablespoon cornstarch
- ☐ 1 cup orange juice
- ☐ 0.5 cup pecans
- ☐ 0.3 teaspoon salt
- ☐ 4 lb sweet potatoes and into
- ☐ 1 teaspoon vanilla paste

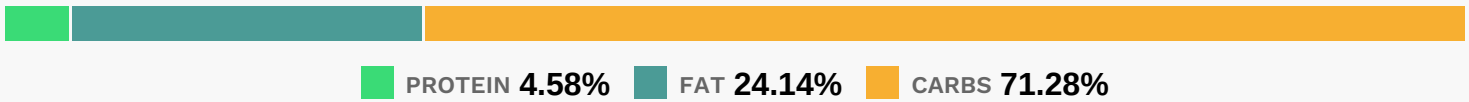
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Place washed sweet potatoes on a baking sheet; prick each potato with a fork.
- ☐ Bake at 450 for 45 minutes or until almost tender.
- ☐ Let potatoes cool to the touch.
- ☐ Peel potatoes, and cut into 1/2"-thick slices. Arrange potato slices in a lightly greased 13" x 9" baking dish or round 3-qt. casserole. Top with pecan halves.
- ☐ Combine orange juice and next 4 ingredients in a small saucepan, stirring well. Bring glaze mixture to a boil; boil 1 minute or until thickened and bubbly. Stir in vanilla bean paste.
- ☐ Pour or spoon orange glaze over sweet potato slices.
- ☐ Bake, uncovered, at 350 for 30 to 45 minutes or until glaze is thickened.
- ☐ Make-Ahead Note: After baked sweet potatoes have cooled, cover and refrigerate up to 24 hours. The next day, peel and slice potatoes, and let come to room temperature before baking as directed above.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:19.35, Inflammation Score:-10, Nutrition Score:14.878695639579%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin

3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg 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: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 302.87kcal (15.14%), Fat: 8.31g (12.78%), Saturated Fat: 3.26g (20.38%), Carbohydrates: 55.19g (18.4%), Net Carbohydrates: 49.22g (17.9%), Sugar: 24.39g (27.1%), Cholesterol: 12.2mg (4.07%), Sodium: 198.84mg (8.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.09%), Vitamin A: 25934.65IU (518.69%), Manganese: 0.7mg (35.21%), Fiber: 5.98g (23.9%), Vitamin C: 16.81mg (20.37%), Vitamin B6: 0.41mg (20.29%), Potassium: 702.24mg (20.06%), Copper: 0.35mg (17.58%), Vitamin B5: 1.57mg (15.67%), Magnesium: 55.54mg (13.88%), Vitamin B1: 0.2mg (13.12%), Phosphorus: 105.26mg (10.53%), Iron: 1.39mg (7.73%), Vitamin B2: 0.13mg (7.44%), Calcium: 74.21mg (7.42%), Folate: 28.8µg (7.2%), Vitamin B3: 1.19mg (5.93%), Zinc: 0.79mg (5.27%), Vitamin E: 0.68mg (4.55%), Vitamin K: 3.86µg (3.68%), Selenium: 1.56µg (2.22%)