



Classic Candied Sweet Potatoes



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



227 kcal

SIDE DISH

Ingredients

- ☐ 2 lb sweet potatoes and into red
- ☐ 0.3 cup brown sugar packed
- ☐ 3 tablespoons butter
- ☐ 3 tablespoons water
- ☐ 0.5 teaspoon salt

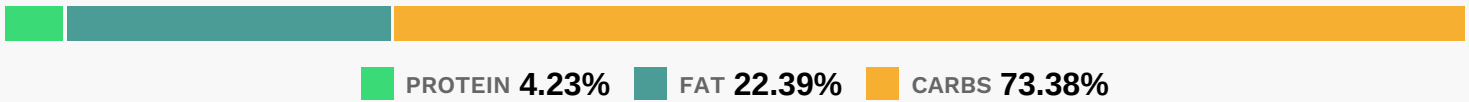
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Scrub sweet potatoes, but do not peel.
- ☐ Place sweet potatoes in Dutch oven.
- ☐ Add enough water just to cover.
- ☐ Heat to boiling; reduce heat to low. Cover and simmer 20 to 25 minutes or until tender.
- ☐ Drain; cool slightly. Slip off skins.
- ☐ Cut crosswise into 1/2-inch slices.
- ☐ In 12-inch skillet, stir remaining ingredients. Cook over medium heat, stirring constantly, until smooth and bubbly.
- ☐ Add sweet potatoes. Gently stir until sweet potatoes are glazed and hot.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:15.02, Inflammation Score:-10, Nutrition Score:11.296521677271%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 226.66kcal (11.33%), Fat: 5.75g (8.85%), Saturated Fat: 3.63g (22.66%), Carbohydrates: 42.42g (14.14%), Net Carbohydrates: 37.88g (13.77%), Sugar: 18.18g (20.2%), Cholesterol: 15.05mg (5.02%), Sodium: 325.76mg (14.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Vitamin A: 21625.31IU (432.51%), Manganese: 0.4mg (19.92%), Fiber: 4.54g (18.14%), Vitamin B6: 0.32mg (16.06%), Potassium: 527.51mg (15.07%), Vitamin B5: 1.23mg (12.33%), Copper: 0.24mg (11.77%), Magnesium: 39.12mg (9.78%), Vitamin B1: 0.12mg (7.89%), Phosphorus: 73.23mg (7.32%), Calcium: 57.53mg (5.75%), Iron: 1.01mg (5.62%), Vitamin B2: 0.09mg (5.57%), Vitamin C: 3.63mg (4.4%), Vitamin B3: 0.86mg (4.29%), Folate: 16.96µg (4.24%), Vitamin E: 0.56mg (3.7%), Zinc: 0.46mg (3.1%), Vitamin K: 3.21µg (3.06%), Selenium: 1.12µg (1.61%)