

Classic Candied Sweet Potatoes



Vegetarian



Gluten Free

READY IN



110 min.

SERVINGS



8

CALORIES



352 kcal

SIDE DISH

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 1 teaspoon salt
- ☐ 6 yellow-fleshed sweet potatoes
- ☐ 0.5 cup water

Equipment

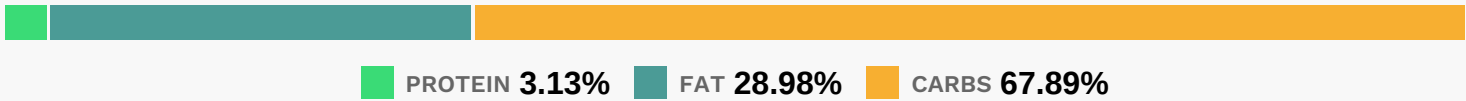
- ☐ sauce pan
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place whole sweet potatoes in a steamer over a couple of inches of boiling water, and cover. Cook until tender, about 30 minutes.
- ☐ Drain and cool.
- ☐ Peel, and slice sweet potatoes lengthwise into 1/2 inch slices.
- ☐ Place in a 9x13 inch baking dish.
- ☐ In a small saucepan over medium heat, melt butter, brown sugar, water and salt. When the sauce is bubbly and sugar is dissolved, pour over potatoes.
- ☐ Bake in preheated oven for 1 hour, occasionally basting the sweet potatoes with the brown sugar sauce.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:16.83, Inflammation Score:-10, Nutrition Score:12.428260799335%

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: 351.99kcal (17.6%), Fat: 11.59g (17.83%), Saturated Fat: 7.32g (45.77%), Carbohydrates: 61.09g (20.36%), Net Carbohydrates: 56g (20.37%), Sugar: 33.77g (37.52%), Cholesterol: 30.5mg (10.17%), Sodium: 483.58mg (21.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.63%), Vitamin A: 24401.51IU (488.03%), Manganese: 0.46mg (22.78%), Fiber: 5.09g (20.34%), Vitamin B6: 0.37mg (18.3%), Potassium: 611.26mg (17.46%), Vitamin B5: 1.41mg (14.08%), Copper: 0.27mg (13.57%), Magnesium: 45.29mg (11.32%), Vitamin B1: 0.13mg (8.86%), Phosphorus: 84.17mg (8.42%), Calcium: 77.7mg (7.77%), Iron: 1.23mg (6.86%), Vitamin B2: 0.11mg (6.37%), Vitamin E: 0.77mg (5.13%), Vitamin C: 4.07mg (4.93%), Vitamin B3: 0.98mg (4.9%), Folate: 19.35µg (4.84%), Vitamin K: 4.04µg (3.85%), Zinc: 0.53mg (3.54%), Selenium: 1.49µg (2.13%)