



Cranberry-and-Apricot Glazed Sweet Potatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



267 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce all-natural apricot nectar canned
- ☐ 0.5 cup brown sugar divided packed
- ☐ 8 ounces apricots dried chopped
- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup orange juice
- ☐ 1 teaspoon orange rind grated
- ☐ 4 pounds sweet potatoes and into peeled sliced ()
- ☐ 3 ounces cranberries dried sweetened (such as Craisins)

☐ 0.8 cup water divided

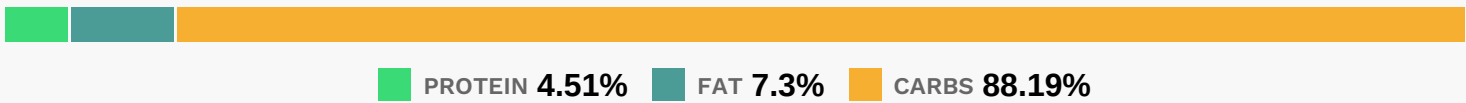
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ microwave
- ☐ colander

Directions

- ☐ Combine 1/2 cup water, chopped apricots, cranberries, and nectar in a medium saucepan. Bring to a boil; cook 2 minutes.
- ☐ Remove from heat, and let stand, covered, 20 minutes.
- ☐ Drain apricot mixture in a colander over a bowl, reserving apricot mixture and cooking liquid.
- ☐ Add rind, orange juice, and margarine to cooking liquid; set aside.
- ☐ Combine the sweet potato and 1/4 cup water in a 3-quart casserole. Cover with casserole lid; microwave at high 18 minutes or until tender, stirring after 9 minutes.
- ☐ Drain well; set aside.
- ☐ Preheat oven to 35
- ☐ Arrange half of sweet potatoes in a 3-quart casserole coated with cooking spray; top with half of apricot mixture and 1/4 cup sugar. Repeat procedure with remaining sweet potato, apricot mixture, and 1/4 cup sugar.
- ☐ Pour reserved cooking liquid over sweet potato mixture.
- ☐ Bake, uncovered, at 350 for 30 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:11.95, Glycemic Load:18.78, Inflammation Score:-10, Nutrition Score:13.99086953408%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg 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: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 267.38kcal (13.37%), Fat: 2.27g (3.49%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 61.57g (20.52%), Net Carbohydrates: 55.22g (20.08%), Sugar: 34.51g (38.35%), Cholesterol: 0mg (0%), Sodium: 113.04mg (4.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.29%), Vitamin A: 22599.1IU (451.98%), Fiber: 6.35g (25.39%), Manganese: 0.47mg (23.45%), Potassium: 775.1mg (22.15%), Vitamin C: 15.07mg (18.26%), Vitamin B6: 0.36mg (18.13%), Copper: 0.31mg (15.6%), Vitamin B5: 1.37mg (13.74%), Magnesium: 47.2mg (11.8%), Vitamin E: 1.55mg (10.34%), Vitamin B1: 0.14mg (9.59%), Phosphorus: 88.28mg (8.83%), Iron: 1.56mg (8.65%), Vitamin B3: 1.45mg (7.23%), Calcium: 69.1mg (6.91%), Vitamin B2: 0.12mg (6.77%), Folate: 20.52µg (5.13%), Vitamin K: 4.19µg (3.99%), Zinc: 0.55mg (3.67%), Selenium: 1.48µg (2.12%)