



WHATSheATE



Cranberry-Glazed Sweet Potatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



281 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons orange juice
- ☐ 0.5 teaspoon salt
- ☐ 6 medium sweet potatoes and into peeled cut into 1-inch pieces (3 pounds)
- ☐ 1 cup roasted cranberry sauce

Equipment

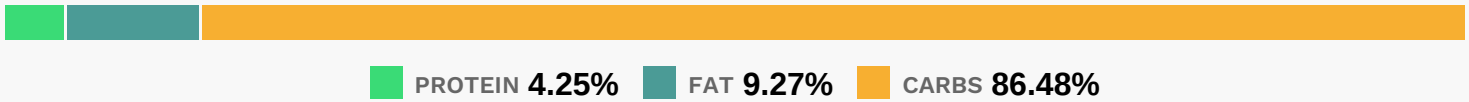
- ☐ casserole dish

☐ microwave

Directions

- ☐ Place potatoes, covered, in a 2-quart casserole dish; microwave at HIGH for 10 minutes or until tender.
- ☐ Combine sugar, margarine, orange juice, and salt in a 2-cup glass measure. Microwave at HIGH 3 minutes, stirring every minute.
- ☐ Add sugar mixture and cranberry sauce to potatoes; toss gently. Microwave at HIGH 10 minutes or until heated through, basting with sauce twice during cooking.
- ☐ Garnish with orange rind, if desired.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:17.06, Inflammation Score:-10, Nutrition Score:12.636521751304%

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 Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg 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: 1mg, Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 280.75kcal (14.04%), Fat: 2.96g (4.56%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 62.21g (20.74%), Net Carbohydrates: 56.73g (20.63%), Sugar: 31.91g (35.46%), Cholesterol: 0mg (0%), Sodium: 277.21mg (12.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.11%), Vitamin A: 24195.36IU (483.91%), Manganese: 0.47mg (23.4%), Fiber: 5.48g (21.91%), Vitamin B6: 0.37mg (18.34%), Potassium: 609.3mg (17.41%), Vitamin B5: 1.39mg (13.85%), Copper: 0.27mg (13.67%), Magnesium: 44.89mg (11.22%), Vitamin B1: 0.14mg (9.44%), Phosphorus: 83.14mg (8.31%), Vitamin C: 6.55mg (7.94%), Iron: 1.28mg (7.14%), Vitamin B2: 0.11mg (6.67%), Calcium: 64.92mg (6.49%), Vitamin E: 0.88mg (5.84%), Folate: 20.44µg (5.11%), Vitamin B3: 1.01mg (5.06%), Zinc: 0.53mg (3.5%), Vitamin K: 3.55µg (3.38%), Selenium: 1.33µg (1.9%)