



Cranberry Sweet Potatoes



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds sweet potatoes fresh peeled cut into 1-inch cubes
- ☐ 0.5 cup whole-berry cranberry sauce crushed

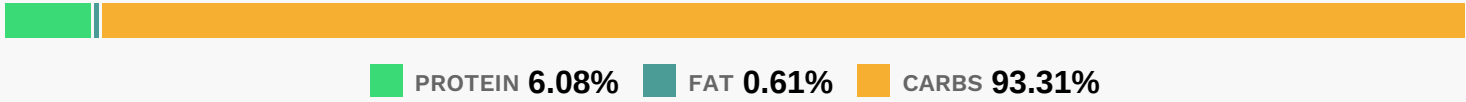
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Arrange sweet potato cubes in a single layer in a jelly-roll pan coated with cooking spray.
- ☐ Sprinkle with salt and pepper, and toss.
- ☐ Bake at 375 for 35 to 40 minutes or until tender, stirring once after 20 minutes.
- ☐ Transfer potatoes to a large serving bowl; add cranberry-orange crushed fruit or whole-berry cranberry sauce, and toss to combine.
- ☐ Note: For testing purposes only, we used Ocean Spray Cranberry Orange Cran-Fruit.
- ☐ Kitchen Express: Substitute 2 (16-oz.) packages fresh, cubed sweet potatoes (such as Glory Foods brand) for whole sweet potatoes. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:15.03, Inflammation Score:-10, Nutrition Score:11.371739180192%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg 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: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 167.55kcal (8.38%), Fat: 0.12g (0.18%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 39.95g (13.32%), Net Carbohydrates: 35.12g (12.77%), Sugar: 13.74g (15.27%), Cholesterol: 0mg (0%), Sodium: 278.15mg (12.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Vitamin A: 21461.1IU (429.22%), Manganese: 0.43mg (21.29%), Fiber: 4.83g (19.34%), Vitamin B6: 0.32mg (15.99%), Potassium: 518.32mg (14.81%), Vitamin B5: 1.21mg (12.12%), Copper: 0.24mg (11.84%), Magnesium: 38.56mg (9.64%), Vitamin B1: 0.12mg (8.11%), Phosphorus: 72.26mg (7.23%), Iron: 1.04mg (5.75%), Vitamin B2: 0.1mg (5.73%), Calcium: 46.92mg (4.69%), Vitamin C: 3.86mg (4.68%), Vitamin B3: 0.87mg (4.34%), Folate: 16.89µg (4.22%), Vitamin E: 0.61mg (4.08%), Vitamin K: 3.32µg (3.16%), Zinc: 0.46mg (3.09%), Selenium: 1.01µg (1.44%)