



Cumin Roasted Sweet Potatoes



Vegetarian



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



320 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons ground cumin
- ☐ 0.3 cup honey
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt
- ☐ 6 medium sweet potatoes and into peeled cut into cubes

Equipment

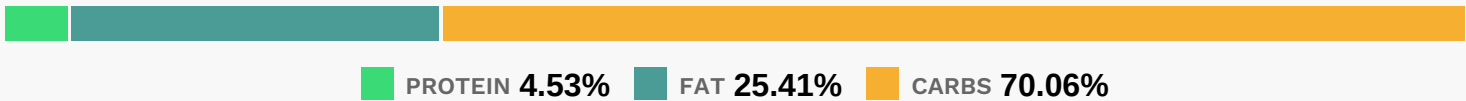
- ☐ bowl

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 375F. Line 15x10x1-inch pan with foil or cooking parchment paper.
- ☐ In large bowl, toss all ingredients until potatoes are coated with seasoning.
- ☐ Spread potatoes in single layer in pan.
- ☐ Roast uncovered 30 to 40 minutes, stirring once, until potatoes are tender and golden brown.

Nutrition Facts



Properties

Glycemic Index:24.55, Glycemic Load:28.53, Inflammation Score:-10, Nutrition Score:15.41608705728%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 319.57kcal (15.98%), Fat: 9.26g (14.25%), Saturated Fat: 1.29g (8.09%), Carbohydrates: 57.46g (19.15%), Net Carbohydrates: 50.56g (18.39%), Sugar: 21.06g (23.4%), Cholesterol: 0mg (0%), Sodium: 513.76mg (22.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Vitamin A: 32071.54IU (641.43%), Manganese: 0.63mg (31.41%), Fiber: 6.9g (27.6%), Vitamin B6: 0.48mg (23.94%), Potassium: 782.16mg (22.35%), Vitamin B5: 1.82mg (18.19%), Copper: 0.35mg (17.68%), Magnesium: 59.38mg (14.84%), Vitamin E: 1.91mg (12.71%), Vitamin B1: 0.18mg (12.04%), Phosphorus: 110.24mg (11.02%), Iron: 1.94mg (10.79%), Vitamin K: 9.66µg (9.2%), Vitamin B2: 0.15mg (8.56%), Calcium: 75.55mg (7.56%), Vitamin C: 5.55mg (6.72%), Vitamin B3: 1.31mg (6.54%), Folate: 25.22µg (6.31%), Zinc: 0.74mg (4.95%), Selenium: 1.51µg (2.16%)