



Curried Sweet Potatoes with Golden Raisins



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



479 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup almonds lightly toasted sliced
- ☐ 0.5 cup brown sugar
- ☐ 2 tablespoons butter melted
- ☐ 2 teaspoons curry powder
- ☐ 1 cup sun-maid® golden raisins
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 0.5 teaspoon salt
- ☐ 29 ounce cut sweet potatoes drained canned

Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F. Lightly spray a 1-quart casserole dish with cooking spray; set aside.
- ☐ In a large bowl, combine sweet potatoes and Sun-Maid® Golden Raisins; set aside.
- ☐ In a small bowl, combine melted butter, curry powder, pumpkin pie spice, brown sugar, and salt. Stir to combine.
- ☐ Add to sweet potatoes and toss to coat.
- ☐ Transfer to prepared casserole dish. Top with toasted sliced almonds or pistachios
- ☐ Bake in preheated oven for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:44.92, Glycemic Load:35.99, Inflammation Score:-10, Nutrition Score:18.898260819523%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 479.18kcal (23.96%), Fat: 9.02g (13.87%), Saturated Fat: 3.96g (24.77%), Carbohydrates: 99.33g (33.11%), Net Carbohydrates: 90.59g (32.94%), Sugar: 57.04g (63.38%), Cholesterol: 15.05mg (5.02%), Sodium: 461.63mg (20.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.85%), Vitamin A: 29345.27IU (586.91%), Manganese: 0.91mg (45.69%), Fiber: 8.74g (34.96%), Potassium: 1062.28mg (30.35%), Vitamin B6: 0.58mg (28.98%), Copper: 0.52mg (26.24%), Magnesium: 85.44mg (21.36%), Vitamin B5: 1.77mg (17.66%), Phosphorus: 172.81mg (17.28%), Vitamin E: 2.44mg (16.28%), Vitamin B2: 0.27mg (15.65%), Iron: 2.71mg (15.05%), Calcium: 129.22mg (12.92%), Vitamin B1: 0.18mg (11.9%), Vitamin B3: 1.85mg (9.23%), Vitamin C: 6.32mg (7.67%), Folate: 28.37µg (7.09%), Zinc: 0.98mg (6.53%), Vitamin K: 6.6µg (6.28%), Selenium: 2.34µg (3.34%)