



Fried Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



456 kcal

SIDE DISH

Ingredients

- 0.5 cup butter
- 2 cups brown sugar light packed
- 6 sweet potatoes peeled

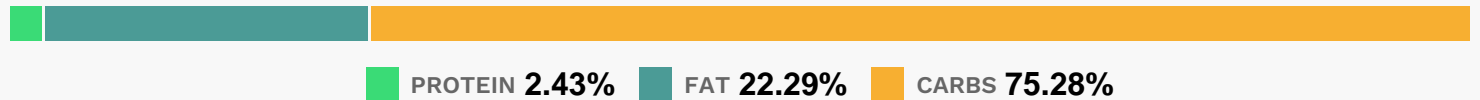
Equipment

- frying pan
- pot

Directions

- Bring a large pot of water to a boil.
- Add peeled sweet potatoes, and boil for about 4 minutes.
- Remove from water, and cut into 1/2 inch slices.
- Melt butter in a large frying pan over medium heat. Stir in brown sugar until dissolved, adding more butter if necessary.
- Add sweet potatoes, and fry until golden brown and fork tender, turning occasionally.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:16.83, Inflammation Score:-10, Nutrition Score:12.77869556909%

Flavonoids

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: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 456.49kcal (22.82%), Fat: 11.59g (17.83%), Saturated Fat: 7.32g (45.77%), Carbohydrates: 88.07g (29.36%), Net Carbohydrates: 82.98g (30.18%), Sugar: 60.44g (67.16%), Cholesterol: 30.5mg (10.17%), Sodium: 199.85mg (8.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Vitamin A: 24401.51IU (488.03%), Manganese: 0.47mg (23.63%), Fiber: 5.09g (20.34%), Vitamin B6: 0.38mg (18.86%), Potassium: 647.77mg (18.51%), Vitamin B5: 1.44mg (14.44%), Copper: 0.28mg (14.09%), Magnesium: 47.61mg (11.9%), Calcium: 99.9mg (9.99%), Vitamin B1: 0.13mg (8.86%), Phosphorus: 85.27mg (8.53%), Iron: 1.43mg (7.93%), Vitamin B2: 0.11mg (6.37%), Vitamin E: 0.77mg (5.13%), Vitamin B3: 1.01mg (5.05%), Vitamin C: 4.07mg (4.93%), Folate: 19.62µg (4.91%), Vitamin K: 4.04µg (3.85%), Zinc: 0.54mg (3.59%), Selenium: 1.82µg (2.6%)