



Garlic-Herb Roasted Sweet Potatoes



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



259 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons parsley fresh chopped
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 tablespoon roasted garlic
- ☐ 2 pounds sweet potatoes and into peeled

Equipment

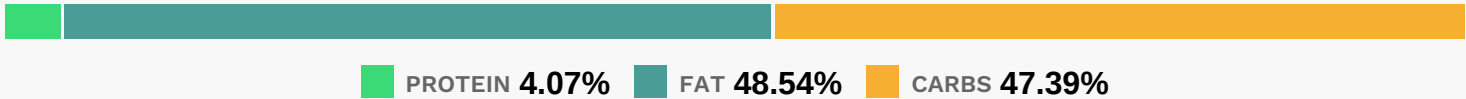
- ☐ bowl
- ☐ frying pan
- ☐ oven

☐ broiler pan

Directions

- ☐ Cut potatoes into 1- to 1 1/2-inch-thick pieces. Stir together mayonnaise and seasoning in a large bowl; add potatoes, tossing to coat.
- ☐ Place potatoes in a single layer in a lightly greased broiler pan or 15- x 10-inch jelly-roll pan.
- ☐ Bake at 450 for 40 to 45 minutes or until potatoes are tender and browned, stirring once after 20 minutes.
- ☐ Transfer to a serving dish, and sprinkle with parsley.
- ☐ Chipotle-Spiced Roasted Sweet Potatoes: Substitute 1 tablespoon salt-free chipotle seasoning blend and 1/2 teaspoon salt for roasted garlic-and-herb seasoning and 3 tablespoons chopped fresh cilantro for parsley. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:28.33, Glycemic Load:15.15, Inflammation Score:-10, Nutrition Score:14.362173842347%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 258.68kcal (12.93%), Fat: 14.06g (21.63%), Saturated Fat: 2.21g (13.84%), Carbohydrates: 30.87g (10.29%), Net Carbohydrates: 26.26g (9.55%), Sugar: 6.45g (7.17%), Cholesterol: 7.84mg (2.61%), Sodium: 202.93mg (8.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.31%), Vitamin A: 21631.06IU (432.62%), Vitamin K: 65.96µg (62.82%), Manganese: 0.41mg (20.29%), Fiber: 4.62g (18.46%), Vitamin B6: 0.33mg (16.38%), Potassium: 527.02mg (15.06%), Vitamin B5: 1.25mg (12.54%), Copper: 0.24mg (11.84%), Magnesium: 39.15mg (9.79%), Vitamin B1: 0.12mg (8.19%), Vitamin C: 6.5mg (7.87%), Phosphorus: 77.16mg (7.72%), Vitamin E: 1.02mg (6.81%), Iron: 1.1mg (6.09%), Vitamin B2: 0.1mg (5.79%), Folate: 20.63µg (5.16%), Calcium: 50.82mg (5.08%), Vitamin B3: 0.87mg (4.37%), Zinc: 0.51mg (3.4%), Selenium: 1.43µg (2.05%)