



Garnet Yams with Blis Maple Syrup and Maple-Sugar Streusel

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



341 kcal

SIDE DISH

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1 teaspoon coarse kosher salt
- ☐ 0.3 cup brown sugar packed ()
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.5 cup maple sugar (scant 3 ounces)

- ☐ 0.3 cup blis maple syrup pure
- ☐ 6 tablespoons butter unsalted melted ()
- ☐ 3.5 pounds slender garnet yams (red-skinned sweet potatoes;)

Equipment

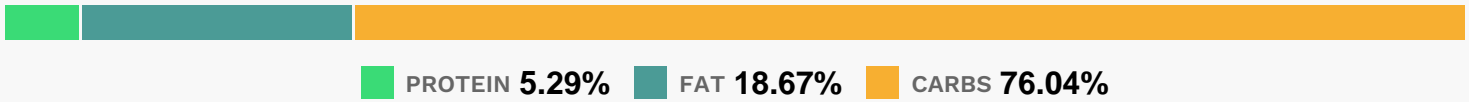
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Butter 13x9x2-inch glass bakingdish. Peel yams; cut 1 inch off ends. Coarselygrate enough of yam ends to measure 1/2 cup;set aside for streusel. Discard remainingends.
- ☐ Cut remaining whole yams into1/3-inch-thick rounds. Arrange yam rounds in4 overlapping lengthwise rows in preparedbaking dish.
- ☐ Bring 1/2 cup water, maple syrup, butter,and cider vinegar to boil in small saucepan.Stir in 1 teaspoon coarse salt and 3/4 teaspoontpepper.
- ☐ Pour maple syrup mixture overyams. Cover baking dish tightly with foil.
- ☐ Mix first 4 ingredientsin small bowl.
- ☐ Add melted butter and rub inwith fingertips until moist clumps form.
- ☐ Mix in reserved 1/2 cup grated yams.DO AHEAD: Yams and streusel can bemade 6 hours ahead. Cover separatelyand refrigerate.
- ☐ Let yams stand at roomtemperature 1 hour before baking.
- ☐ Preheat oven to 375°F.
- ☐ Bake yamscovered until almost tender, about 40minutes. Increase oven temperature to400°F.
- ☐ Sprinkle streusel over and bakeuncovered until yams are very tender andstreusel is golden and slightly crisp, about35 minutes longer.
- ☐ Serve warm.

* Available at some supermarkets andat specialty foods stores and naturalfoods stores.

Nutrition Facts



Properties

Glycemic Index:25.15, Glycemic Load:15.68, Inflammation Score:-10, Nutrition Score:19.753913072788%

Nutrients (% of daily need)

Calories: 341.15kcal (17.06%), Fat: 7.2g (11.08%), Saturated Fat: 4.4g (27.47%), Carbohydrates: 66.02g (22.01%), Net Carbohydrates: 60.33g (21.94%), Sugar: 32.31g (35.9%), Cholesterol: 18.06mg (6.02%), Sodium: 295.07mg (12.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.19%), Vitamin A: 30721.16IU (614.42%), Manganese: 1.64mg (81.86%), Vitamin C: 31.12mg (37.72%), Potassium: 833.55mg (23.82%), Vitamin B6: 0.46mg (23.19%), Fiber: 5.69g (22.78%), Vitamin B2: 0.34mg (19.82%), Vitamin B1: 0.28mg (18.33%), Vitamin B3: 3.13mg (15.63%), Vitamin B5: 1.49mg (14.85%), Copper: 0.29mg (14.65%), Magnesium: 50.81mg (12.7%), Iron: 1.96mg (10.89%), Phosphorus: 102.35mg (10.23%), Zinc: 1.38mg (9.23%), Calcium: 92.14mg (9.21%), Vitamin E: 1.33mg (8.9%), Folate: 32.76µg (8.19%), Selenium: 4.84µg (6.91%), Vitamin K: 4.57µg (4.35%)