



Garnet Yams with Maple Syrup, Walnuts, and Brandied Raisins



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



437 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup brandy
- ☐ 0.5 cup brown sugar packed ()
- ☐ 0.5 cup golden raisins
- ☐ 0.8 cup maple syrup pure
- ☐ 0.5 cup raisins
- ☐ 0.3 cup butter unsalted ()
- ☐ 1.5 cups walnut pieces toasted

- ☐ 5 pounds cubes red-skinned sweet potato peeled cut into 3/4-inch cubes (red-skinned sweet potatoes)

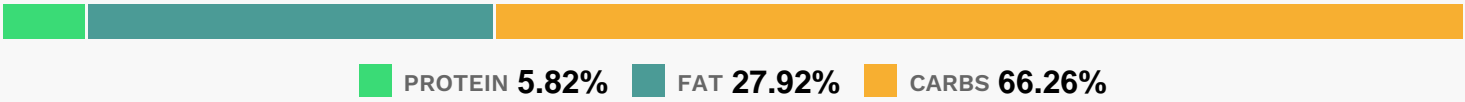
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ slotted spoon
- ☐ glass baking pan

Directions

- ☐ Combine brown raisins, golden raisins, and brandy in small bowl; toss to blend.
- ☐ Let soak at least 30 minutes and up to 1 hour.
- ☐ Cook yams in large pot of boiling salted water until just barely tender, about 8 minutes. Using large slotted spoon, transfer yams to baking sheet to cool.
- ☐ Meanwhile, bring 3/4 cup maple syrup, 1/2 cup brown sugar, and 1/4 cup unsalted butter to boil in heavy medium saucepan over medium heat, stirring until brown sugar dissolves. Boil 2 minutes.
- ☐ Butter 15x10x2-inch glass baking dish.
- ☐ Drain raisins (reserve brandy for another use).
- ☐ Place raisins in very large bowl.
- ☐ Add cooked yams, then maple syrup mixture and toasted walnut pieces. Toss gently to coat evenly, being careful to keep yams intact.
- ☐ Transfer yam mixture to prepared baking dish. DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Preheat oven to 350°F.
- ☐ Bake yams uncovered until syrup is thick and bubbling, basting occasionally, about 55 minutes.
- ☐ Let stand 10 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:15.58, Glycemic Load:10.29, Inflammation Score:-10, Nutrition Score:23.621739054504%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 436.5kcal (21.83%), Fat: 13.72g (21.1%), Saturated Fat: 3.41g (21.31%), Carbohydrates: 73.25g (24.42%), Net Carbohydrates: 65.38g (23.77%), Sugar: 37.16g (41.29%), Cholesterol: 10.17mg (3.39%), Sodium: 75.7mg (3.29%), Alcohol: 1.67g (100%), Alcohol %: 0.83% (100%), Protein: 6.43g (12.86%), Vitamin A: 36442.52IU (728.85%), Manganese: 1.94mg (97.16%), Vitamin C: 37.75mg (45.76%), Vitamin B6: 0.65mg (32.69%), Potassium: 1115.85mg (31.88%), Fiber: 7.87g (31.48%), Vitamin B2: 0.5mg (29.54%), Copper: 0.58mg (29.16%), Magnesium: 83.21mg (20.8%), Vitamin B1: 0.27mg (18.21%), Vitamin B5: 1.78mg (17.83%), Phosphorus: 165.84mg (16.58%), Vitamin B3: 3.14mg (15.7%), Calcium: 121.72mg (12.17%), Iron: 2.08mg (11.58%), Vitamin E: 1.56mg (10.41%), Zinc: 1.24mg (8.25%), Folate: 26.27µg (6.57%), Vitamin K: 5.28µg (5.03%), Selenium: 1.33µg (1.9%)