

Gingered Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



637 kcal

SIDE DISH

Ingredients

- 0.3 cup brown sugar packed
- 0.3 cup brown sugar packed
- 2 tablespoons butter
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 1 tablespoon honey
- 2 tablespoons olive oil
- 0.3 teaspoon pepper

- 0.5 teaspoon salt
- 1 medium sweet potatoes and into peeled cut into wedges

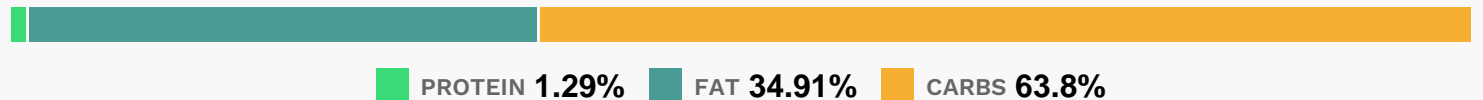
Equipment

- frying pan

Directions

- In a small skillet, melt butter with oil over medium heat. Stir in the brown sugar, honey, cinnamon, salt, ginger and pepper.
- Add the sweet potato wedges; toss to coat. Cover and cook over low heat for 20–30 minutes or until potatoes are tender, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:98.64, Glycemic Load:15.78, Inflammation Score:-10, Nutrition Score:12.784782550905%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 636.68kcal (31.83%), Fat: 25.45g (39.16%), Saturated Fat: 9.17g (57.3%), Carbohydrates: 104.66g (34.89%), Net Carbohydrates: 100.58g (36.58%), Sugar: 84.53g (93.92%), Cholesterol: 30.1mg (10.03%), Sodium: 755.06mg (32.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.25%), Vitamin A: 16385.64IU (327.71%), Manganese: 0.72mg (36.07%), Vitamin E: 2.66mg (17.74%), Fiber: 4.08g (16.3%), Potassium: 501.66mg (14.33%), Vitamin B6: 0.27mg (13.73%), Vitamin K: 12.17µg (11.59%), Calcium: 110.95mg (11.1%), Copper: 0.22mg (10.92%), Vitamin B5: 1.03mg (10.33%), Magnesium: 37.45mg (9.36%), Iron: 1.55mg (8.59%), Phosphorus: 61.7mg (6.17%), Vitamin B1: 0.09mg (5.97%), Vitamin B2: 0.08mg (4.67%), Vitamin B3: 0.79mg (3.96%), Folate: 13.96µg (3.49%), Vitamin C: 2.81mg (3.4%), Selenium: 2.11µg (3.01%), Zinc: 0.44mg (2.92%)