



Glazed Fall Vegetables

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



267 kcal

SIDE DISH

Ingredients

- 1 acorn squash peeled cut into cubes
- 0.5 pound baby carrots
- 0.5 cup firmly brown sugar packed
- 0.3 cup butter melted
- 1 teaspoon ground cinnamon
- 1 large baking potatoes
- 0.5 teaspoon salt
- 0.3 cup sorghum syrup

- 2 large sweet potatoes
- 1 teaspoon vanilla extract
- 0.3 cup water

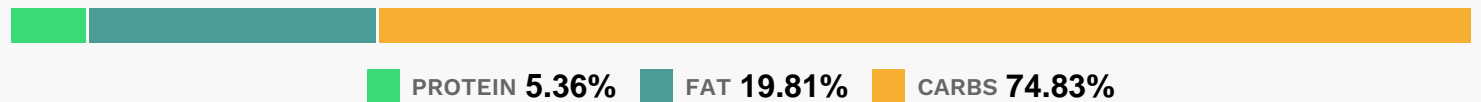
Equipment

- oven
- baking pan

Directions

- Cut potatoes in half lengthwise; cut into 1/2-inch-thick slices.
- Place potato slices, carrots, and squash in a lightly greased 13- x 9-inch baking dish.
- Stir together sugar and next 6 ingredients.
- Drizzle over potato mixture, tossing to coat.
- Bake, covered, at 425 for 30 minutes. Uncover and gently stir vegetables.
- Bake 15 or 20 more minutes or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:18.47, Glycemic Load:15, Inflammation Score:-10, Nutrition Score:13.920000050055%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 266.66kcal (13.33%), Fat: 6.08g (9.36%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 51.68g (17.23%), Net Carbohydrates: 46.39g (16.87%), Sugar: 18.59g (20.66%), Cholesterol: 0mg (0%), Sodium: 289.67mg (12.59%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 3.7g (7.41%), Vitamin A: 16421.01IU (328.42%), Manganese: 0.48mg (23.92%), Vitamin B6: 0.46mg (22.82%), Potassium: 777.04mg (22.2%), Fiber: 5.29g (21.16%), Vitamin C:

11.36mg (13.77%), Vitamin B1: 0.2mg (13.54%), Magnesium: 53.67mg (13.42%), Copper: 0.25mg (12.41%), Vitamin B5: 1.17mg (11.73%), Phosphorus: 112.24mg (11.22%), Iron: 1.93mg (10.72%), Vitamin B3: 1.68mg (8.42%), Folate: 32.84µg (8.21%), Calcium: 76.44mg (7.64%), Vitamin B2: 0.09mg (5.55%), Vitamin K: 5.1µg (4.86%), Zinc: 0.52mg (3.45%), Vitamin E: 0.45mg (3.01%), Selenium: 1.39µg (1.99%)