



## Glazed Sweet Potatoes

 **Gluten Free**  **Dairy Free**

READY IN



17 min.

SERVINGS



17

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 Tbsp butter
- 0.5 cup pancake syrup
- 0.3 cup planters pecan pieces
- 40 oz sweet potatoes drained canned

### Equipment

- frying pan

## Directions

- Place syrup and butter in large skillet. Bring to boil on medium heat. Reduce heat to low; simmer 2 min.
- Add sweet potatoes. Cook 10 min., stirring occasionally to evenly coat potatoes with glaze.
- Sprinkle with pecans.

## Nutrition Facts



## Properties

Glycemic Index:4, Glycemic Load:6.63, Inflammation Score:-10, Nutrition Score:7.8878260906786%

## Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 105.48kcal (5.27%), Fat: 2.38g (3.67%), Saturated Fat: 0.38g (2.34%), Carbohydrates: 20.59g (6.86%), Net Carbohydrates: 18.38g (6.69%), Sugar: 2.87g (3.19%), Cholesterol: 0.37mg (0.12%), Sodium: 53.53mg (2.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Vitamin A: 9499.71IU (189.99%), Manganese: 0.28mg (13.81%), Fiber: 2.21g (8.83%), Copper: 0.15mg (7.29%), Vitamin B6: 0.14mg (7.2%), Potassium: 234.18mg (6.69%), Vitamin B5: 0.56mg (5.55%), Magnesium: 19.47mg (4.87%), Vitamin B1: 0.07mg (4.48%), Phosphorus: 38.39mg (3.84%), Vitamin B2: 0.04mg (2.62%), Iron: 0.47mg (2.61%), Calcium: 21.94mg (2.19%), Zinc: 0.3mg (2%), Vitamin B3: 0.4mg (1.99%), Vitamin C: 1.63mg (1.97%), Folate: 7.82µg (1.95%), Vitamin E: 0.23mg (1.53%), Vitamin K: 1.28µg (1.21%)