

 **64%**
HEALTH SCORE

Grilled Sweet Potato Slices

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



50 min.

SERVINGS



1

CALORIES



1750 kcal

SIDE DISH

Ingredients

- 0.3 cup butter melted
- 1 serving coconut or toasted
- 0.5 teaspoon salt
- 3 pounds sweet potatoes and into

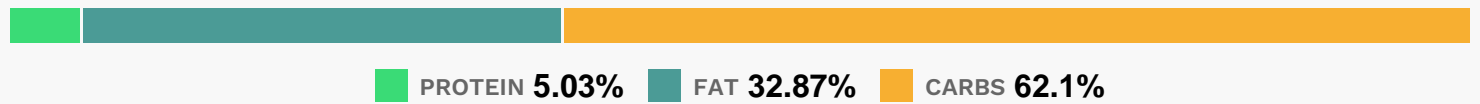
Equipment

- sauce pan
- grill

Directions

- Heat coals or gas grill for direct heat.
- Peel sweet potatoes; cut into 1/2-inch diagonal slices.
- Heat 1 inch water (salted if desired) to boiling in 3-quart saucepan.
- Add sweet potatoes. Cover and heat to boiling; reduce heat. Simmer about 12 minutes or until almost tender; drain.
- Mix butter and salt.
- Grill sweet potato slices uncovered 4 inches from medium heat about 20 minutes, brushing frequently with butter mixture and turning once, until tender.
- To serve, sprinkle coconut over sweet potatoes.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:135.18, Inflammation Score:-10, Nutrition Score:56.005217210106%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 1749.71kcal (87.49%), Fat: 64.94g (99.91%), Saturated Fat: 15.85g (99.07%), Carbohydrates: 275.99g (92%), Net Carbohydrates: 234.27g (85.19%), Sugar: 57.5g (63.89%), Cholesterol: 0mg (0%), Sodium: 2626.7mg (114.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.38g (44.76%), Vitamin A: 195760.05IU (3915.2%), Manganese: 3.66mg (183.19%), Fiber: 41.72g (166.89%), Vitamin B6: 2.86mg (142.81%), Potassium: 4653.44mg (132.96%), Vitamin B5: 10.98mg (109.8%), Copper: 2.1mg (104.96%), Magnesium: 345.69mg (86.42%), Vitamin B1: 1.08mg (71.7%), Phosphorus: 668.27mg (66.83%), Vitamin B2: 0.86mg (50.59%), Iron: 8.55mg (47.52%), Calcium: 433.05mg (43.31%), Vitamin C: 33.14mg (40.17%), Vitamin E: 5.91mg (39.38%), Folate: 153.04µg (38.26%), Vitamin B3: 7.65mg (38.25%), Zinc: 4.2mg (27.97%), Vitamin K: 24.51µg (23.35%), Selenium: 9.18µg (13.11%), Vitamin B12: 0.08µg (1.26%)