



Grilled Sweet Potato Wedges with Maple Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



296 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon allspice
- 1 tablespoon flat-leaf parsley fresh chopped for garnish
- 0.3 cup maple syrup
- 3 tablespoons olive oil
- 6 servings sea salt flaked to taste
- 3 sweet potatoes cut into 8 lengthwise wedges
- 6 tablespoons butter unsalted softened

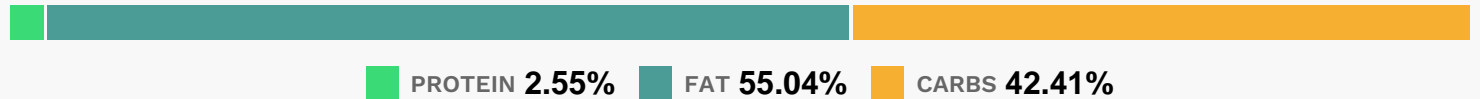
Equipment

- bowl
- grill

Directions

- Watch how to make this recipe.
- Heat grill to medium-high heat.
- Place the wedges in a large bowl and drizzle with oil. Season with salt and pepper and toss to combine.
- Place on the grill, cooking on all sides until cooked through, about 10 minutes total.
- Remove and drizzle or brush with a bit of maple butter, sprinkle with salt and parsley to finish.
- In a bowl, blend the butter, maple syrup and allspice together until light and smooth. Refrigerate and use as a spread or melt and drizzle over pancakes, grilled sweet potatoes or popcorn.

Nutrition Facts



Properties

Glycemic Index:23.58, Glycemic Load:14.54, Inflammation Score:-10, Nutrition Score:11.996086925268%

Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 296.34kcal (14.82%), Fat: 18.43g (28.36%), Saturated Fat: 8.18g (51.14%), Carbohydrates: 31.95g (10.65%), Net Carbohydrates: 28.5g (10.36%), Sugar: 12.78g (14.2%), Cholesterol: 30.1mg (10.03%), Sodium: 259.33mg (11.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.85%), Vitamin A: 16438.23IU (328.76%), Manganese: 0.61mg (30.36%), Vitamin K: 18.16µg (17.3%), Vitamin B2: 0.24mg (14.4%), Fiber: 3.45g (13.79%), Potassium: 419.9mg (12%), Vitamin B6: 0.24mg (11.88%), Vitamin E: 1.63mg (10.88%), Vitamin B5: 0.92mg (9.22%),

Copper: 0.17mg (8.75%), Magnesium: 31.91mg (7.98%), Vitamin B1: 0.1mg (6.56%), Phosphorus: 57.04mg (5.7%), Calcium: 54.1mg (5.41%), Iron: 0.8mg (4.45%), Vitamin C: 3.66mg (4.44%), Folate: 13.92µg (3.48%), Vitamin B3: 0.66mg (3.3%), Zinc: 0.45mg (3.03%), Vitamin D: 0.21µg (1.4%), Selenium: 0.82µg (1.18%)