



Grilled Sweet Potatoes Brushed with Spice Oil

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



197 kcal

SIDE DISH

Ingredients

- 0.5 cup canola oil
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground cumin
- 0.5 teaspoon ground paprika spanish
- 4 servings salt and pepper black freshly ground
- 3 medium sweet potatoes

Equipment

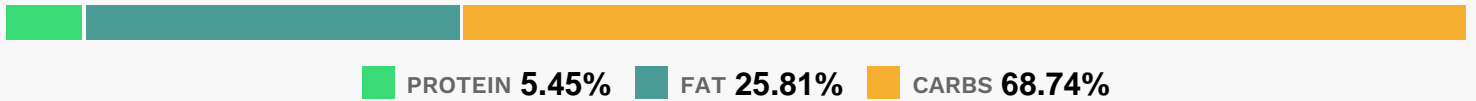
- bowl

- sauce pan
- grill
- grill pan

Directions

- Mix together the oil, cumin, paprika and cinnamon in a small bowl.
- Let sit at room temperature while you prepare the potatoes.
- Put potatoes in a medium saucepan over medium heat, and cover with cold water. Bring to a boil, and cook until potatoes are tender, but still firm, about 15 minutes.
- Drain and let cool slightly before cutting crosswise into 1/2-inch thick slices.
- Preheat a grill pan over medium heat.
- Brush the potatoes on each side with the spice oil and season with salt and pepper, to taste. Grill until lightly golden brown on each side and just cooked through, about 3 minutes per side. Continue to brush with the remaining oil, as they grill.
- Transfer to a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:16.85, Inflammation Score:-10, Nutrition Score:12.581304436145%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 197.01kcal (9.85%), Fat: 5.75g (8.85%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 34.46g (11.49%), Net Carbohydrates: 29.18g (10.61%), Sugar: 7.12g (7.91%), Cholesterol: 0mg (0%), Sodium: 93.64mg (4.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.47%), Vitamin A: 24172.6IU (483.45%), Manganese: 0.48mg (24%), Fiber: 5.28g (21.11%), Vitamin B6: 0.36mg (18.03%), Potassium: 581.02mg (16.6%), Vitamin B5: 1.36mg (13.64%), Copper: 0.26mg (13.03%), Magnesium: 43.52mg (10.88%), Vitamin E: 1.5mg (10.01%), Vitamin B1: 0.13mg (8.93%),

Phosphorus: 81.31mg (8.13%), Vitamin K: 7.45µg (7.1%), Iron: 1.19mg (6.61%), Vitamin B2: 0.11mg (6.3%), Calcium: 54.28mg (5.43%), Vitamin C: 4.08mg (4.95%), Vitamin B3: 0.98mg (4.89%), Folate: 18.8µg (4.7%), Zinc: 0.53mg (3.53%), Selenium: 1.05µg (1.5%)