



Grilled Sweet Potatoes with Orange-Ginger Butter



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 16 oz sweet potatoes and into peeled cut in half lengthwise
- ☐ 0.3 cup water
- ☐ 1 tablespoon butter melted
- ☐ 1 teaspoon orange zest grated
- ☐ 0.5 teaspoon ginger grated
- ☐ 0.3 teaspoon salt

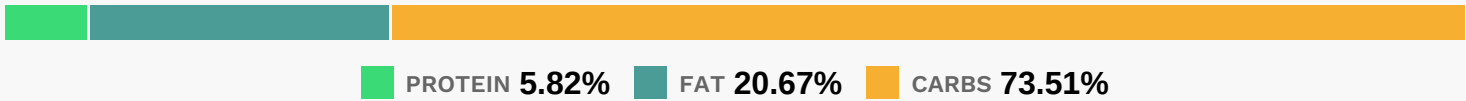
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill
- ☐ microwave
- ☐ glass baking pan

Directions

- ☐ Heat gas or charcoal grill. In 8- or 9-inch square glass baking dish, place sweet potatoes and water. Cover with plastic wrap, folding back one edge 1/4 inch to vent steam. Microwave on High 4 to 6 minutes or just until tender; drain.
- ☐ Meanwhile, in small bowl, mix remaining ingredients; set aside.
- ☐ Place potatoes on grill. Cook uncovered over medium heat 3 to 5 minutes, turning frequently and brushing with butter mixture, until potatoes are tender and lightly browned.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:11.27, Inflammation Score:-10, Nutrition Score:9.4834783205196%

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, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 123.37kcal (6.17%), Fat: 2.88g (4.43%), Saturated Fat: 0.61g (3.78%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 19.56g (7.11%), Sugar: 4.74g (5.27%), Cholesterol: 0mg (0%), Sodium: 241.5mg (10.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.65%), Vitamin A: 16215.08IU (324.3%), Manganese: 0.29mg (14.68%), Fiber: 3.46g (13.84%), Vitamin B6: 0.24mg (11.93%), Potassium: 385.75mg (11.02%), Vitamin B5: 0.91mg (9.13%), Copper: 0.17mg (8.74%), Magnesium: 28.82mg (7.21%), Vitamin B1: 0.09mg (5.96%), Phosphorus: 54.29mg (5.43%), Vitamin B2: 0.07mg (4.18%), Vitamin C: 3.42mg (4.15%), Iron: 0.7mg (3.88%), Calcium: 36.45mg (3.64%), Vitamin B3: 0.64mg (3.19%), Folate: 12.69µg (3.17%), Vitamin E: 0.41mg (2.7%), Zinc: 0.34mg (2.29%), Vitamin K: 2.04µg (1.94%)