



Herbed Roasted Sweet Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 12 servings salt and fresh-ground pepper
- ☐ 16 sprigs herbs fresh dry italian such as parsley, rosemary, or oregano (see notes), rinsed and patted
- ☐ 0.5 cup olive oil
- ☐ 8 sweet potatoes such as garnet or jewel (sometimes sold as yams) (4 lb. total)

Equipment

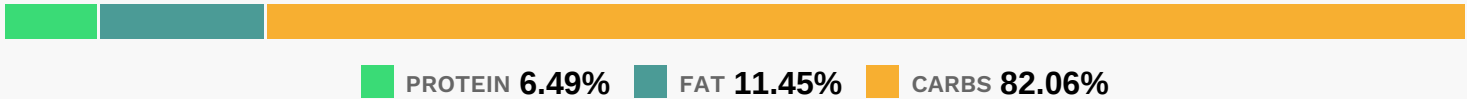
- ☐ frying pan
- ☐ oven
- ☐ baking pan

☐ spatula

Directions

- ☐ Scrub sweet potatoes; trim and discard any spots where skin is discolored or broken.
- ☐ Cut sweet potatoes in half lengthwise.
- ☐ Pour 1/4 cup olive oil into each of two 9- by 13-inch glass baking dishes and tilt to coat pan.
- ☐ Sprinkle all over with salt and pepper.
- ☐ Lay an herb sprig flat on the cut side of each sweet potato half, then lay half, cut side down, in oil (halves can touch).
- ☐ Bake in a 425 oven until potatoes are soft when pressed on top and cut sides are golden brown (carefully lift up pan to check), about 1 hour. Using a metal spatula, carefully transfer sweet potato halves to a platter. Discard remaining oil in baking pans.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:14.97, Inflammation Score:-10, Nutrition Score:12.223043472871%

Flavonoids

Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 145.97kcal (7.3%), Fat: 1.89g (2.9%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 30.4g (10.13%), Net Carbohydrates: 25.83g (9.39%), Sugar: 6.31g (7.01%), Cholesterol: 0mg (0%), Sodium: 277.44mg (12.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.81%), Vitamin A: 21487.4IU (429.75%), Vitamin K: 25.66µg (24.44%), Manganese: 0.39mg (19.57%), Fiber: 4.56g (18.26%), Vitamin B6: 0.32mg (15.8%), Potassium: 515.19mg (14.72%), Vitamin B5: 1.21mg (12.11%), Copper: 0.23mg (11.48%), Magnesium: 38.34mg (9.58%), Vitamin B1: 0.12mg (7.91%), Phosphorus: 71.59mg (7.16%), Vitamin C: 5.39mg (6.53%), Iron: 1.01mg (5.63%), Vitamin B2: 0.09mg (5.48%), Calcium: 47.18mg (4.72%), Folate: 18.6µg (4.65%), Vitamin E: 0.66mg (4.41%), Vitamin B3: 0.86mg (4.28%), Zinc: 0.47mg (3.11%), Selenium: 0.91µg (1.29%)