



Holiday Spiced Sweet Potatoes (Yams)



Vegetarian



Gluten Free



Popular

READY IN



67 min.

SERVINGS



8

CALORIES



226 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds red-fleshed sweet potatoes (yams)
- ☐ 0.3 cup brown sugar packed ()
- ☐ 4 Tbsp butter
- ☐ 1 Tbsp juice of lemon
- ☐ 2 teaspoons orange zest
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.8 teaspoon ground allspice
- ☐ 0.8 teaspoon ground nutmeg

- ☐ 0.5 teaspoon kosher salt
- ☐ 8 servings pepper black freshly ground

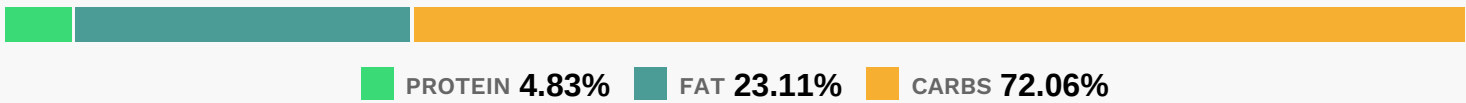
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Bake the sweet potatoes: Preheat oven to 400°F. Pierce the sweet potatoes all over with the tines of a fork (this is to help release pressure as the potato cooks).
- ☐ Put the potatoes on a foil-lined roasting pan or thick, rimmed baking sheet.
- ☐ Bake until the sweet potatoes are completely tender, about 50 minutes to an hour or more.
- ☐ Remove from oven and let sit until cool enough to touch.
- ☐ Remove the cooked sweet potato flesh from the skins:
- ☐ Cut the sweet potatoes lengthwise and scoop out the insides into a large bowl.
- ☐ Mix with brown sugar, butter, lemon juice, orange zest, spices: Stir in the brown sugar, butter, lemon juice, orange peel, cinnamon, allspice, nutmeg, and salt.
- ☐ Use an electric mixer (or by hand with strong arms) to beat the sweet potatoes until they are completely smooth.
- ☐ Sprinkle with a little ground black pepper to taste. Then taste! (But don't eat them all, even though you will be tempted.)

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:16.96, Inflammation Score:-10, Nutrition Score:12.424347875559%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 226.4kcal (11.32%), Fat: 5.94g (9.14%), Saturated Fat: 3.74g (23.35%), Carbohydrates: 41.67g (13.89%), Net Carbohydrates: 36.3g (13.2%), Sugar: 13.89g (15.43%), Cholesterol: 15.27mg (5.09%), Sodium: 286.72mg (12.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.59%), Vitamin A: 24313.63IU (486.27%), Manganese: 0.5mg (25.02%), Fiber: 5.37g (21.46%), Vitamin B6: 0.36mg (18.08%), Potassium: 591.85mg (16.91%), Vitamin B5: 1.38mg (13.85%), Copper: 0.27mg (13.29%), Magnesium: 44.39mg (11.1%), Vitamin B1: 0.14mg (9%), Phosphorus: 83.07mg (8.31%), Vitamin C: 5.57mg (6.76%), Calcium: 63.35mg (6.34%), Iron: 1.14mg (6.33%), Vitamin B2: 0.11mg (6.32%), Folate: 19.76µg (4.94%), Vitamin B3: 0.98mg (4.88%), Vitamin E: 0.62mg (4.11%), Vitamin K: 3.78µg (3.6%), Zinc: 0.53mg (3.55%), Selenium: 1.2µg (1.71%)