



# Honey and Rosemary Sweet Potatoes

 Vegetarian  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



232 kcal

SIDE DISH

## Ingredients

- 1 teaspoon pepper black freshly ground
- 2 tablespoons rosemary leaves fresh chopped
- 0.3 cup honey
- 2 tablespoons olive oil
- 1 teaspoon salt
- 3 large sweet potatoes and into peeled cut in 1-inch cubes

## Equipment

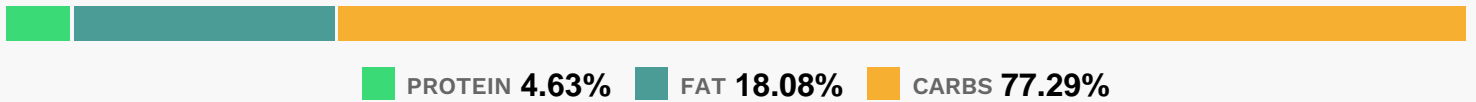
- bowl

- baking sheet
- baking paper
- oven
- aluminum foil
- slotted spoon

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with foil or parchment paper.
- Mix the olive oil, honey, rosemary, salt, and black pepper together in a large bowl, and stir the sweet potato cubes in the mixture to coat.
- Remove sweet potato cubes with a slotted spoon, and arrange in a single layer on the prepared baking sheet.
- Bake in the preheated oven until tender, about 45 minutes. Turn oven heat up to 450 degrees F (230 degrees C) and bake until browned, another 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:23.71, Glycemic Load:22.99, Inflammation Score:-10, Nutrition Score:12.56739132819%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg 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: 232.1kcal (11.61%), Fat: 4.8g (7.39%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 46.19g (15.4%), Net Carbohydrates: 40.89g (14.87%), Sugar: 18.7g (20.78%), Cholesterol: 0mg (0%), Sodium: 481.98mg (20.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.54%), Vitamin A: 24139.22IU (482.78%), Manganese: 0.5mg (24.99%), Fiber: 5.31g (21.23%), Vitamin B6: 0.36mg (18.09%), Potassium: 589.26mg (16.84%), Vitamin B5:

1.38mg (13.8%), Copper: 0.27mg (13.43%), Magnesium: 43.97mg (10.99%), Vitamin B1: 0.13mg (8.88%), Phosphorus: 81.43mg (8.14%), Vitamin E: 1.12mg (7.45%), Iron: 1.2mg (6.68%), Vitamin B2: 0.11mg (6.51%), Vitamin K: 6.41µg (6.11%), Calcium: 55.72mg (5.57%), Vitamin C: 4.3mg (5.21%), Folate: 19.77µg (4.94%), Vitamin B3: 0.97mg (4.87%), Zinc: 0.55mg (3.68%), Selenium: 1.15µg (1.64%)