



Honey & Chipotle Glazed Sweet Potato Spears with Lime



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



218 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon spice islands ground chipotle chili powder
- ☐ 0.5 cup honey
- ☐ 1 teaspoon kosher salt
- ☐ 4 pound uniformly size orange-fleshed sweet potatoes peeled cut into ½-inch wedges cut in half cross wise then (medium)
- ☐ 1 tablespoon butter unsalted at room temperature (1 stick)

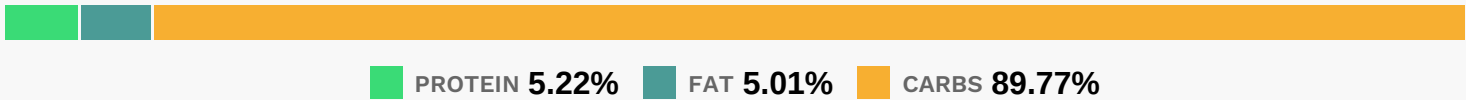
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Place the sweet potato wedges in a large bowl. Coat a large rimmed baking sheet with the 1-tablespoon butter and set aside.In a small saucepan over medium heat, melt the ½ cup butter.
- ☐ Whisk in the chipotle powder and then add the honey, lime juice, and salt. Bring to a simmer stirring constantly; continue simmering for three minutes to meld the glaze.
- ☐ Pour the glaze over the sweet potatoes and toss until well coated. Arrange them in a single layer on the prepared baking sheet. Use a rubber spatula to scrape the bowl, drizzling any remaining glaze over the potatoes. Cover the pan tightly with aluminum foil. Roast, covered, for 40 minutes.
- ☐ Remove the foil and baste the the potatoes. Continue to bake, basting every 10 minutes for another 20 minutes, until tender, nicely browned, and caramelized at the edges.
- ☐ Serve immediately, or keep warm in a low oven for up to 30 minutes. Baste before serving.

Nutrition Facts



Properties

Glycemic Index:11.03, Glycemic Load:25.3, Inflammation Score:-10, Nutrition Score:12.633913073527%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg 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: 218.17kcal (10.91%), Fat: 1.25g (1.93%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 50.57g (16.86%), Net Carbohydrates: 45.03g (16.37%), Sugar: 21.52g (23.91%), Cholesterol: 3.01mg (1%), Sodium: 336.45mg (14.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Vitamin A: 25834.75IU (516.69%), Manganese: 0.49mg (24.29%), Fiber: 5.55g (22.19%), Vitamin B6: 0.39mg (19.38%), Potassium: 624.54mg (17.84%), Vitamin B5: 1.47mg (14.66%), Copper: 0.28mg (14.12%), Magnesium: 46.03mg (11.51%), Vitamin B1: 0.14mg (9.47%), Phosphorus: 86.89mg (8.69%), Vitamin B2: 0.12mg (7.03%), Iron: 1.21mg (6.75%), Calcium: 56.59mg (5.66%), Vitamin C: 4.44mg (5.38%), Vitamin B3: 1.05mg (5.27%), Folate: 20.4µg (5.1%), Zinc: 0.59mg (3.95%), Vitamin E: 0.58mg (3.87%), Vitamin K: 3.58µg (3.41%), Selenium: 1.28µg (1.83%)