



Honey Vanilla Grilled Sweet Potatoes



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



327 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 2 tablespoons ground cinnamon
- ☐ 0.3 cup honey
- ☐ 2 large sweet potatoes peeled thinly sliced
- ☐ 1 tablespoon vanilla extract

Equipment

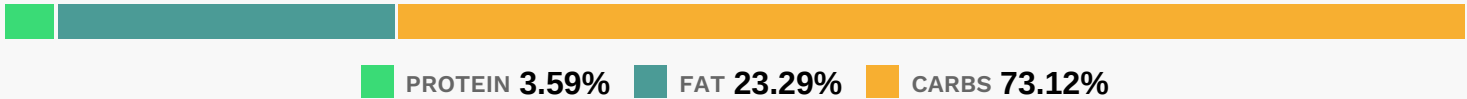
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat grill for medium heat.
- ☐ Arrange sweet potatoes in a 9x13-inch aluminum foil pan. Stir butter and cinnamon together in a bowl and drizzle over potatoes. Cover pan with aluminum foil.
- ☐ Bake sweet potatoes on the preheated grill, stirring occasionally, for 15 minutes. Stir honey and vanilla extract together in a bowl and drizzle over sweet potatoes. Return aluminum foil to cover pan. Continue cooking on the grill until sweet potatoes are tender, about 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:41.32, Glycemic Load:29.08, Inflammation Score:-10, Nutrition Score:14.703043504902%

Flavonoids

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

Nutrients (% of daily need)

Calories: 326.61kcal (16.33%), Fat: 8.65g (13.31%), Saturated Fat: 5.44g (34.01%), Carbohydrates: 61.12g (20.37%), Net Carbohydrates: 53.84g (19.58%), Sugar: 30.8g (34.23%), Cholesterol: 22.58mg (7.53%), Sodium: 162.84mg (7.08%), Alcohol: 1.12g (100%), Alcohol %: 0.66% (100%), Protein: 3g (6.01%), Vitamin A: 24392.1IU (487.84%), Manganese: 1.17mg (58.37%), Fiber: 7.28g (29.12%), Vitamin B6: 0.37mg (18.48%), Potassium: 612.16mg (17.49%), Copper: 0.28mg (14.14%), Vitamin B5: 1.41mg (14.06%), Magnesium: 46.06mg (11.52%), Calcium: 95.65mg (9.57%), Vitamin B1: 0.13mg (8.96%), Phosphorus: 86.31mg (8.63%), Iron: 1.49mg (8.3%), Vitamin B2: 0.12mg (7.22%), Vitamin C: 4.37mg (5.3%), Vitamin B3: 1.05mg (5.26%), Vitamin E: 0.78mg (5.19%), Folate: 19.82µg (4.96%), Vitamin K: 5.04µg (4.8%), Zinc: 0.66mg (4.39%), Selenium: 1.48µg (2.11%)