



How to Cook Sweet Potatoes on the Grill

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



175 kcal

SIDE DISH

Ingredients

- 3 medium sweet potatoes and into
- 4 tbsp butter melted
- 3 tbsp cinnamon

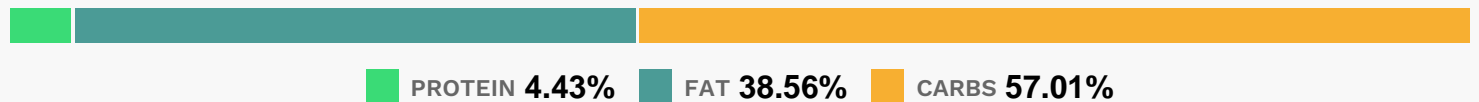
Equipment

- grill
- aluminum foil

Directions

- Heat up the grill to 350 degrees.
- Slice the sweet potatoes into 1" rounds.
- Spray both sides of the sweet potatoes with butter and sprinkle with cinnamon.
- Place foil over the grilling grates and place the sweet potatoes directly onto the foil.
- Spray the sweet potatoes again with a little butter. (To keep the potatoes from sticking to the foil)
- Close the grill lid and cook for about 30 minutes. Make sure to turn and flip the sweet potatoes every 10 minutes and add additional sprays of butter to keep from sticking.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:11.28, Inflammation Score:-10, Nutrition Score:11.813043478261%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 174.69kcal (8.73%), Fat: 7.78g (11.97%), Saturated Fat: 4.9g (30.62%), Carbohydrates: 25.88g (8.63%), Net Carbohydrates: 20.42g (7.43%), Sugar: 4.81g (5.35%), Cholesterol: 20.35mg (6.78%), Sodium: 123.41mg (5.37%), Protein: 2.01g (4.02%), Vitamin A: 16279.39IU (325.59%), Manganese: 0.97mg (48.64%), Fiber: 5.46g (21.84%), Vitamin B6: 0.24mg (12.13%), Potassium: 399.89mg (11.43%), Vitamin B5: 0.93mg (9.28%), Copper: 0.18mg (9.19%), Magnesium: 30.78mg (7.69%), Calcium: 75.25mg (7.53%), Vitamin B1: 0.09mg (5.96%), Phosphorus: 57.88mg (5.79%), Iron: 1.02mg (5.64%), Vitamin B2: 0.07mg (4.34%), Vitamin E: 0.6mg (4.03%), Vitamin K: 3.91µg (3.73%), Vitamin C: 2.86mg (3.47%), Vitamin B3: 0.69mg (3.43%), Folate: 12.95µg (3.24%), Zinc: 0.42mg (2.79%), Selenium: 0.89µg (1.28%)