



Jan's Chipotle Roasted Sweet Potatoes



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



318 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons brown sugar to taste
- ☐ 5 tablespoons butter melted
- ☐ 1 tablespoon chipotle chile powder to taste
- ☐ 1 tablespoon garlic powder
- ☐ 1 teaspoon ground pepper black
- ☐ 1 tablespoon onion powder
- ☐ 1.5 teaspoons salt
- ☐ 6 sweet potatoes peeled quartered

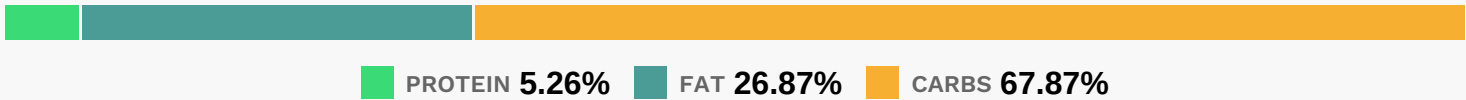
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper.
- ☐ Toss sweet potatoes and butter together in a large bowl.
- ☐ Whisk brown sugar, onion powder, garlic powder, chipotle chile powder, salt, and black pepper together in a small bowl; sprinkle over sweet potatoes and toss to coat.
- ☐ Pour potatoes in a single layer onto the prepared baking sheet.
- ☐ Roast in the preheated oven until potatoes are tender, 30 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:22.53, Inflammation Score:-10, Nutrition Score:15.396521644748%

Flavonoids

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: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 318.15kcal (15.91%), Fat: 9.71g (14.94%), Saturated Fat: 6.08g (38.02%), Carbohydrates: 55.2g (18.4%), Net Carbohydrates: 47.33g (17.21%), Sugar: 16.41g (18.23%), Cholesterol: 25.08mg (8.36%), Sodium: 786.2mg (34.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.56%), Vitamin A: 32355.99IU (647.12%), Manganese: 0.66mg (32.96%), Fiber: 7.87g (31.46%), Vitamin B6: 0.51mg (25.33%), Potassium: 804.35mg (22.98%), Vitamin B5:

1.85mg (18.52%), Copper: 0.36mg (18.15%), Magnesium: 60.2mg (15.05%), Vitamin B1: 0.19mg (12.56%), Phosphorus: 119.06mg (11.91%), Iron: 1.58mg (8.79%), Vitamin B2: 0.15mg (8.54%), Calcium: 82.95mg (8.3%), Vitamin C: 5.71mg (6.92%), Folate: 26.7µg (6.68%), Vitamin B3: 1.29mg (6.44%), Vitamin E: 0.87mg (5.83%), Vitamin K: 5.48µg (5.22%), Zinc: 0.78mg (5.22%), Selenium: 2.05µg (2.93%)