



## Kahlua Glazed Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons butter melted
- 0.3 cup kahlua
- 1 tablespoon juice of lemon
- 8 servings pepper freshly ground to taste
- 0.5 teaspoon salt
- 2.5 pounds sweet potatoes and into peeled cut into 3/4-inch cubes

### Equipment

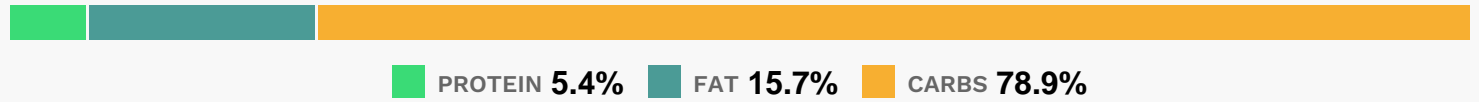
- bowl

- oven
- aluminum foil
- glass baking pan

## Directions

- Preheat oven to 400 degrees F.
- Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish.
- Combine Kahlua, butter, lemon juice, salt and pepper in small bowl.
- Pour the mixture over the sweet potatoes; toss to coat.
- Cover dish with foil, and bake in preheated oven for 15 minutes. Uncover; stir potatoes and continue to bake. Stir every 15 minutes until potatoes are tender and starting to brown, 45 to 50 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:17.5, Glycemic Load:14.09, Inflammation Score:-10, Nutrition Score:10.766521758683%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 181.39kcal (9.07%), Fat: 2.95g (4.53%), Saturated Fat: 1.84g (11.48%), Carbohydrates: 33.32g (11.11%), Net Carbohydrates: 29.03g (10.56%), Sugar: 10.58g (11.75%), Cholesterol: 7.53mg (2.51%), Sodium: 246.63mg (10.72%), Alcohol: 2.13g (100%), Alcohol %: 1.72% (100%), Protein: 2.28g (4.56%), Vitamin A: 20197.86IU (403.96%), Manganese: 0.38mg (18.95%), Fiber: 4.28g (17.13%), Vitamin B6: 0.3mg (14.88%), Potassium: 481.82mg (13.77%), Vitamin B5: 1.14mg (11.42%), Copper: 0.22mg (10.79%), Magnesium: 35.79mg (8.95%), Vitamin B1: 0.11mg (7.42%), Phosphorus: 67.77mg (6.78%), Vitamin B2: 0.09mg (5.18%), Vitamin C: 4.13mg (5%), Iron: 0.88mg (4.88%), Calcium: 44.01mg (4.4%), Folate: 16.09µg (4.02%), Vitamin B3: 0.79mg (3.97%), Vitamin E: 0.45mg (3.02%), Zinc: 0.43mg

(2.87%), Vitamin K: 2.96µg (2.82%), Selenium: 0.89µg (1.28%)