



Karen's Cranberry Apple Sweet Potato Packet



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



5

CALORIES



375 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 3 tablespoons butter melted
- ☐ 0.5 cup cranberries dried
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 golden delicious apples cored thinly sliced into rings
- ☐ 4 medium sweet potatoes peeled cut into 1/4-inch slices

Equipment

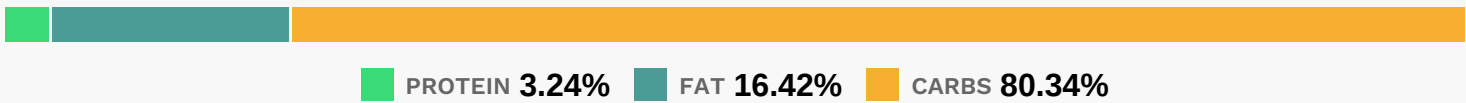
- ☐ baking sheet

- ☐ oven
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450 degrees F or grill to medium-high.
- ☐ Center sweet potatoes, apples and cranberries on sheet of Reynolds Wrap® Heavy Duty Aluminum Foil.
- ☐ Sprinkle with brown sugar.
- ☐ Combine butter and cinnamon; drizzle over brown sugar.
- ☐ Bring up foil sides. Double fold top and ends to seal making one large foil packet, leaving room for heat circulation inside.
- ☐ Bake 25 to 30 minutes on a cookie sheet or in a 13x9x2-inch dish OR GRILL 20 to 25 minutes in covered grill until sweet potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:20.61, Inflammation Score:-10, Nutrition Score:14.365217422014%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.48mg, Epicatechin: 5.48mg, Epicatechin: 5.48mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 375.17kcal (18.76%), Fat: 7.11g (10.94%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 78.28g (26.09%), Net Carbohydrates: 70.36g (25.58%), Sugar: 45.27g (50.3%), Cholesterol: 0mg (0%), Sodium: 186.17mg (8.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Vitamin A: 25990.46IU (519.81%), Fiber: 7.92g (31.68%), Manganese: 0.57mg (28.65%), Vitamin B6: 0.42mg (21.12%), Potassium: 726.78mg (20.77%), Copper: 0.31mg (15.57%), Vitamin B5: 1.55mg (15.54%), Magnesium: 51.68mg (12.92%), Vitamin B1: 0.16mg (10.39%), Phosphorus: 96.89mg (9.69%), Vitamin C: 7.74mg (9.38%), Calcium: 82.48mg (8.25%), Vitamin B2: 0.14mg (7.99%), Iron: 1.41mg (7.84%), Vitamin E: 1.12mg (7.47%), Vitamin B3: 1.17mg (5.84%), Folate: 22.39µg (5.6%), Vitamin K: 5.84µg (5.56%), Zinc: 0.59mg (3.96%), Selenium: 1.43µg (2.04%)