



Kentucky Bourbon Sweet Potatoes

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



453 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup bourbon
- 0.5 cup butter
- 6 large sweet potatoes peeled sliced
- 0.5 teaspoon vanilla extract
- 1 cup sugar white

Equipment

- sauce pan
- oven

baking pan

Directions

Preheat oven to 350 degrees F (175 degrees C).

Arrange sweet potatoes in a 9x13 inch baking dish.

Combine sugar, butter, bourbon and vanilla extract in a large saucepan and heat to a boil. As soon as the sauce comes to a boil pour it over the sweet potatoes.

Bake 30 to 40 minutes or until the sweet potatoes are soft.

Nutrition Facts



Properties

Glycemic Index:24.14, Glycemic Load:42.78, Inflammation Score:-10, Nutrition Score:15.883478388838%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 452.64kcal (22.63%), Fat: 11.71g (18.02%), Saturated Fat: 7.34g (45.86%), Carbohydrates: 76.25g (25.42%), Net Carbohydrates: 68.6g (24.94%), Sugar: 35.65g (39.61%), Cholesterol: 30.5mg (10.17%), Sodium: 231.9mg (10.08%), Alcohol: 5.1g (100%), Alcohol %: 2.09% (100%), Protein: 4.12g (8.25%), Vitamin A: 36531.4IU (730.63%), Manganese: 0.66mg (33.11%), Fiber: 7.65g (30.6%), Vitamin B6: 0.53mg (26.68%), Potassium: 863.92mg (24.68%), Vitamin B5: 2.06mg (20.56%), Copper: 0.39mg (19.51%), Magnesium: 64.06mg (16.02%), Vitamin B1: 0.2mg (13.37%), Phosphorus: 123.87mg (12.39%), Vitamin B2: 0.17mg (9.76%), Iron: 1.58mg (8.76%), Calcium: 80.18mg (8.02%), Vitamin C: 6.12mg (7.42%), Vitamin B3: 1.43mg (7.15%), Folate: 28.48µg (7.12%), Vitamin E: 0.99mg (6.61%), Vitamin K: 5.58µg (5.32%), Zinc: 0.79mg (5.24%), Selenium: 1.82µg (2.6%)