



Lemon Glazed Sweet Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



316 kcal

SIDE DISH

Ingredients



2 cup juice of lemon fresh



1 tablespoon lemon zest



2 tablespoon olive oil



6 servings salt and pepper to taste



2 cup sugar

Equipment



frying pan

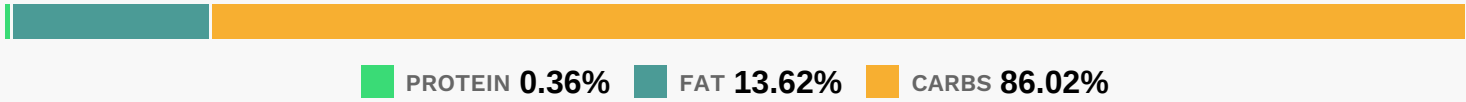


oven

Directions

- ☐ Combine juice, sugar and zest in a small non-reactive pan and reduce to ½ cup. Set aside.Preheat oven to 375 degrees F. Toss sweet potatoes in oil and put them into large ovenproof skillet. Do not crowd them use two skillets if necessary. Roast, tossing occasionally until lightly golden brown and just cooked through, about 35 minutes.
- ☐ Remove the pan from the oven and place on a burner over medium heat.
- ☐ Add the glaze to the potatoes and toss to coat evenly.
- ☐ Saute potatoes until all are glazed.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:46.54, Inflammation Score:-2, Nutrition Score:2.9613043983345%

Flavonoids

Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg Hesperetin: 11.77mg, Hesperetin: 11.77mg, Hesperetin: 11.77mg, Hesperetin: 11.77mg Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 316.28kcal (15.81%), Fat: 5.08g (7.81%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 72.17g (24.06%), Net Carbohydrates: 71.82g (26.12%), Sugar: 68.62g (76.25%), Cholesterol: 0mg (0%), Sodium: 195.42mg (8.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.6%), Vitamin C: 32.77mg (39.72%), Vitamin E: 0.8mg (5.31%), Folate: 16.4µg (4.1%), Vitamin K: 2.81µg (2.68%), Potassium: 86.79mg (2.48%), Vitamin B6: 0.04mg (1.96%), Vitamin B2: 0.03mg (1.51%), Fiber: 0.35g (1.4%), Vitamin B1: 0.02mg (1.34%), Magnesium: 5.03mg (1.26%), Vitamin B5: 0.11mg (1.1%)