



Low-Cal Roasted Sweet Potato Bites

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



1

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon coconut oil melted
- 1.5 teaspoons rosemary fresh chopped
- 1.5 teaspoons thyme leaves fresh chopped
- 1 serving salt and ground pepper black to taste
- 1 cup sweet potatoes and into cubed peeled

Equipment

- bowl
- baking sheet

oven

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Place sweet potato cubes in a bowl.
- Drizzle coconut oil over potatoes and toss, using your hands, until each cube is coated.
- Spread sweet potato cubes onto a baking sheet; season with rosemary, thyme, salt, and pepper.
- Bake in the preheated oven until potatoes are softened, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:157, Glycemic Load:13.36, Inflammation Score:-10, Nutrition Score:11.142173969227%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg 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: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 134.52kcal (6.73%), Fat: 2.11g (3.25%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 23.15g (8.42%), Sugar: 5.56g (6.18%), Cholesterol: 0mg (0%), Sodium: 73.48mg (3.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.54%), Vitamin A: 19016.17IU (380.32%), Manganese: 0.41mg (20.45%), Fiber: 4.46g (17.83%), Vitamin B6: 0.29mg (14.46%), Potassium: 468.81mg (13.39%), Copper: 0.22mg (10.96%), Vitamin B5: 1.08mg (10.79%), Vitamin C: 8.03mg (9.73%), Magnesium: 38.36mg (9.59%), Iron: 1.36mg (7.53%), Vitamin B1: 0.11mg (7.02%), Phosphorus: 65.95mg (6.59%), Vitamin B2: 0.1mg (5.63%), Calcium: 52.99mg (5.3%), Folate: 16.16µg (4.04%), Vitamin B3: 0.8mg (3.99%), Zinc: 0.46mg (3.04%), Vitamin K: 2.57µg (2.45%), Vitamin E: 0.35mg (2.33%), Selenium: 0.8µg (1.15%)