



Maple-Glazed Yams with Pecan Topping



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



596 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 6 Tbsp butter chilled cut into 1/2 inch pieces
- ☐ 0.5 cup maple syrup
- ☐ 1 teaspoon orange zest
- ☐ 1.5 cups pecans
- ☐ 6 servings salt
- ☐ 3 lbs yams peeled cut into 1/4 inch rounds (red-skinned sweet potatoes)

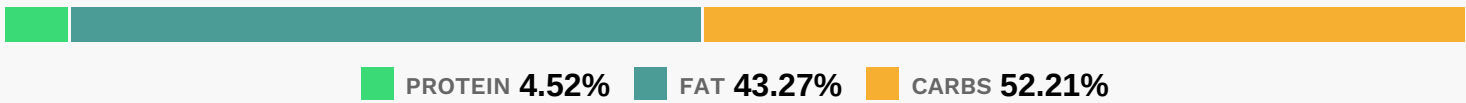
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 400°F.
- ☐ Heat a large pot of salted water (add a tablespoon of salt for every two quarts of water) until boiling.
- ☐ Add the yam rounds. Cook the yams until the water starts to simmer again, about 4 minutes.
- ☐ Remove from heat, drain, then rinse in cold water.2 Butter a baking dish. Arrange the yam rounds in the baking dish, overlapping the pieces, layering the yam rounds to fill up the dish.
- ☐ Sprinkle each layer liberally with salt.
- ☐ Sprinkle the yam rounds with orange zest if using.
- ☐ Pour maple syrup over yams. Dot with 2 Tbsp of the butter. Cover with aluminum foil and bake until yams are almost tender, about 20 minutes.3 Put 3/4 cup pecans in a blender or spice grinder and grind into a coarse meal. Coarsely chop the other 3/4 cup of pecans. 4
- ☐ Mix the ground pecans and brown sugar together in a medium bowl. Using your fingers, mix in the remaining 4 Tbsp of butter until the mixture resembles a coarse meal.
- ☐ Mix in the chopped pecans.5
- ☐ Sprinkle the pecan mixture over the yams.
- ☐ Bake the yams, uncovered, until the topping browns, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:16.08, Glycemic Load:6.71, Inflammation Score:-10, Nutrition Score:26.950869691113%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg

Nutrients (% of daily need)

Calories: 596.17kcal (29.81%), Fat: 29.68g (45.66%), Saturated Fat: 8.91g (55.66%), Carbohydrates: 80.57g (26.86%), Net Carbohydrates: 70.68g (25.7%), Sugar: 43.62g (48.47%), Cholesterol: 30.53mg (10.18%), Sodium: 372.59mg (16.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.94%), Vitamin A: 43955.81IU (879.12%), Manganese: 2.87mg (143.32%), Vitamin C: 45.18mg (54.76%), Fiber: 9.9g (39.58%), Vitamin B2: 0.62mg (36.38%), Potassium: 1259.54mg (35.99%), Vitamin B6: 0.71mg (35.33%), Copper: 0.67mg (33.42%), Vitamin B1: 0.42mg (28.32%), Magnesium: 98.28mg (24.57%), Vitamin B5: 2.25mg (22.52%), Phosphorus: 194.99mg (19.5%), Vitamin B3: 3.71mg (18.53%), Vitamin E: 2.29mg (15.25%), Calcium: 146.96mg (14.7%), Zinc: 2.05mg (13.68%), Iron: 2.31mg (12.86%), Vitamin K: 7.08µg (6.74%), Folate: 19.7µg (4.93%), Selenium: 1.69µg (2.41%)