



Maple-Orange Sweet Potatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



161 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.3 cup maple syrup
- ☐ 1 tablespoon butter melted
- ☐ 0.3 cup orange juice fresh
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 2.5 pounds sweet potatoes peeled cut into 1/4-inch-thick slices

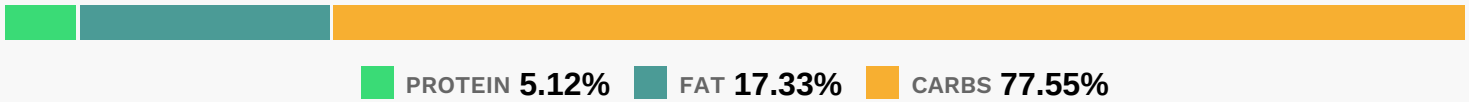
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Place the sweet potato slices in a 2-quart casserole.
- ☐ Combine juice and next 5 ingredients (juice through cloves) in a small bowl.
- ☐ Pour juice mixture over potatoes. Cover loosely with plastic wrap, and microwave at HIGH 10 minutes. Stir after 5 minutes. Uncover, and microwave at HIGH 5 minutes or until potato is tender.
- ☐ Sprinkle with pecans.

Nutrition Facts



Properties

Glycemic Index:15.65, Glycemic Load:13.69, Inflammation Score:-10, Nutrition Score:11.220869588625%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 161.06kcal (8.05%), Fat: 3.17g (4.87%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 31.86g (10.62%), Net Carbohydrates: 28.17g (10.24%), Sugar: 12.69g (14.11%), Cholesterol: 0mg (0%), Sodium: 193.39mg (8.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.21%), Vitamin A: 16155.96IU (323.12%), Manganese: 0.62mg (30.92%), Fiber: 3.69g (14.75%), Vitamin B6: 0.25mg (12.36%), Potassium: 432.03mg (12.34%), Vitamin B2: 0.18mg (10.47%), Copper: 0.21mg (10.44%), Vitamin B5: 0.95mg (9.51%), Magnesium: 34.57mg (8.64%), Vitamin C: 6.89mg (8.35%), Vitamin B1: 0.12mg (7.96%), Phosphorus: 62.69mg (6.27%), Calcium: 48.25mg (4.83%), Iron: 0.81mg (4.48%), Folate: 15.6µg (3.9%), Vitamin B3: 0.71mg (3.53%), Zinc: 0.53mg (3.5%), Vitamin E: 0.38mg (2.55%), Vitamin K: 2.18µg (2.08%), Selenium: 0.82µg (1.18%)