



Maple Roasted Sweet Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



312 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 teaspoon pepper black freshly ground plus more for seasoning
- ☐ 2 teaspoons kosher salt plus more for seasoning
- ☐ 0.3 cup grade b maple syrup divided
- ☐ 0.3 cup olive oil extra-virgin divided
- ☐ 4 large shallots peeled thinly sliced
- ☐ 4 small sweet potatoes peeled cut into 1-inch cubes or 2 large

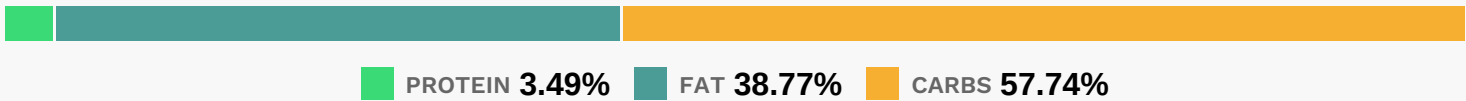
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ In a large bowl add the sweet potatoes, 2 tablespoons of the maple syrup, 2 tablespoons of the olive oil, 2 teaspoons salt and 1 teaspoon pepper.
- ☐ Mix to evenly coat the potatoes and arrange on a sheet tray. Roast until caramelized, golden brown and soft, about 20 to 30 minutes. Be sure to check them after 15 minutes and stir, if needed.
- ☐ Meanwhile, in a large skillet over medium-low heat, add the remaining 2 tablespoons of olive oil and the sliced shallots and saute until they start to caramelize, about 5 minutes
- ☐ Add the remaining 2 tablespoons of maple syrup and balsamic vinegar. Season with salt and pepper, to taste. Lower heat to medium and cook until golden brown and caramelized, about 5 minutes.
- ☐ Add water, 1 tablespoon at a time, if the pan becomes dry.
- ☐ Add the roasted sweet potato cubes to the caramelized shallots and transfer to a warm serving dish.

Nutrition Facts



Properties

Glycemic Index:51.63, Glycemic Load:19.62, Inflammation Score:-10, Nutrition Score:14.536086854727%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg 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: 311.77kcal (15.59%), Fat: 13.61g (20.93%), Saturated Fat: 1.9g (11.86%), Carbohydrates: 45.6g (15.2%), Net Carbohydrates: 40.77g (14.83%), Sugar: 20.66g (22.96%), Cholesterol: 0mg (0%), Sodium: 1241.26mg (53.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.51%), Vitamin A: 18446.83IU (368.94%), Manganese: 0.95mg (47.43%), Vitamin B2: 0.34mg (20.05%), Fiber: 4.83g (19.31%), Vitamin B6: 0.36mg (17.97%), Potassium: 582.86mg (16.65%), Vitamin E: 2.3mg (15.31%), Copper: 0.23mg (11.4%), Vitamin B5: 1.12mg (11.19%), Magnesium: 43.82mg (10.96%), Vitamin K: 11.49µg (10.94%), Vitamin B1: 0.13mg (8.68%), Phosphorus: 78.41mg (7.84%), Calcium: 75.42mg (7.54%), Iron: 1.31mg (7.26%), Vitamin C: 5.12mg (6.21%), Folate: 22.89µg (5.72%), Zinc: 0.65mg (4.31%), Vitamin B3: 0.8mg (3.98%), Selenium: 1.11µg (1.58%)