



Maple Sweet Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



125 kcal

SIDE DISH

Ingredients



0.3 cup maple syrup



0.5 teaspoon salt divided



2 pounds sweet potatoes and into peeled

Equipment



oven

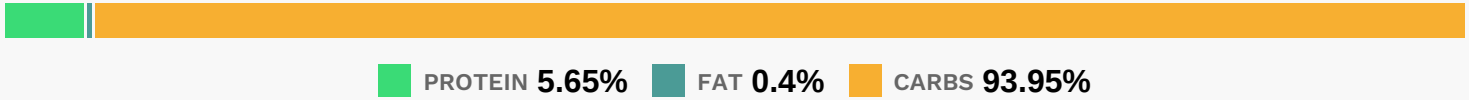


baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Arrange half of potato slices in an 11 x 7-inch baking dish coated with cooking spray; sprinkle with half of the salt. Arrange remaining potato slices on top; sprinkle with remaining salt.
- ☐ Pour syrup over potatoes. Cover and bake at 350 for 1 hour or until tender.

Nutrition Facts



Properties

Glycemic Index:11.81, Glycemic Load:13.73, Inflammation Score:-10, Nutrition Score:10.323043429333%

Flavonoids

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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 124.69kcal (6.23%), Fat: 0.06g (0.09%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 29.6g (9.87%), Net Carbohydrates: 26.19g (9.53%), Sugar: 10.77g (11.97%), Cholesterol: 0mg (0%), Sodium: 208.62mg (9.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.56%), Vitamin A: 16087.79IU (321.76%), Manganese: 0.52mg (26.22%), Fiber: 3.4g (13.61%), Vitamin B6: 0.24mg (11.85%), Vitamin B2: 0.2mg (11.59%), Potassium: 404.82mg (11.57%), Vitamin B5: 0.91mg (9.07%), Copper: 0.17mg (8.57%), Magnesium: 30.47mg (7.62%), Vitamin B1: 0.1mg (6.34%), Phosphorus: 53.3mg (5.33%), Calcium: 45.08mg (4.51%), Iron: 0.7mg (3.91%), Vitamin C: 2.72mg (3.3%), Vitamin B3: 0.64mg (3.2%), Folate: 12.47µg (3.12%), Zinc: 0.41mg (2.74%), Vitamin E: 0.29mg (1.97%), Vitamin K: 2.04µg (1.94%)