



Maple-Walnut Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



216 kcal

SIDE DISH

Ingredients

- 2 tablespoons brown sugar divided
- 1 tablespoon butter softened
- 0.3 cup maple syrup
- 0.5 teaspoon salt
- 4 pounds sweet potatoes (6 large)
- 0.3 cup walnuts coarsely chopped

Equipment

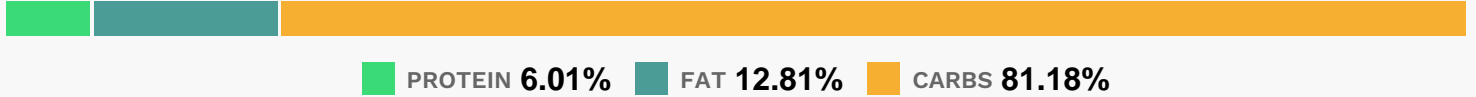
- bowl

- baking sheet
- oven
- baking pan
- broiler

Directions

- Preheat oven to 35
- Place potatoes on oven rack or a baking sheet coated with cooking spray.
- Bake at 350 for 50 minutes or until tender. Cool. Peel potatoes and mash. Stir in syrup, 1 tablespoon brown sugar, and salt.
- Preheat broiler.
- Spread potato mixture into an 11- x 7-inch baking dish coated with cooking spray. In a small bowl combine walnuts, 1 tablespoon brown sugar, and butter.
- Sprinkle walnut mixture over potatoes; broil 2 to 4 minutes or until nuts are lightly browned.

Nutrition Facts



Properties

Glycemic Index:16.45, Glycemic Load:20.04, Inflammation Score:-10, Nutrition Score:13.843478126694%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 216.06kcal (10.8%), Fat: 3.13g (4.82%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 44.69g (14.9%), Net Carbohydrates: 39.05g (14.2%), Sugar: 14.81g (16.46%), Cholesterol: 3.01mg (1%), Sodium: 226.52mg (9.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Vitamin A: 25776.03IU (515.52%), Manganese: 0.75mg (37.75%), Fiber: 5.64g (22.56%), Vitamin B6: 0.4mg (19.8%), Potassium: 646.01mg (18.46%), Copper: 0.32mg (16.08%), Vitamin B5: 1.47mg (14.73%), Magnesium: 51.92mg (12.98%), Vitamin B2: 0.22mg (12.81%), Vitamin

B1: 0.16mg (10.46%), Phosphorus: 95.83mg (9.58%), Calcium: 68.47mg (6.85%), Iron: 1.22mg (6.77%), Folate: 22.89µg (5.72%), Vitamin C: 4.39mg (5.32%), Vitamin B3: 1.05mg (5.27%), Zinc: 0.69mg (4.62%), Vitamin E: 0.52mg (3.5%), Vitamin K: 3.44µg (3.28%), Selenium: 1.27µg (1.82%)