



Marmalade- and Ginger-glazed Sweet Potatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup candied ginger finely chopped
- ☐ 1 cranberry-orange relish rinsed
- ☐ 0.7 cup orange marmalade
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds sweet potatoes and into (each)
- ☐ 0.5 orange juice

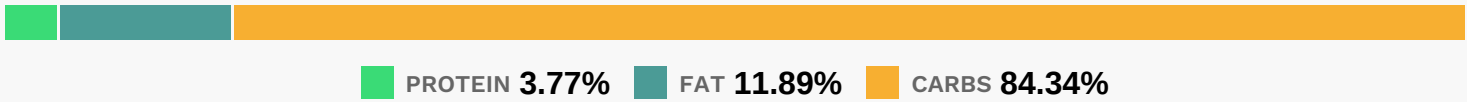
Equipment

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

Directions

- ☐ Peel sweet potatoes and cut crosswise into 1/4-inch-thick slices.
- ☐ Cut unpeeled orange in half through stem, then crosswise into 1/4-inch-thick slices, discarding end pieces and seeds.
- ☐ In a large bowl, mix 1/3 cup marmalade, 1/2 cup brandy (1/3 cup if using yams), butter, ginger, and 1/2 teaspoon salt.
- ☐ Add sweet potatoes and mix to coat. Arrange slices in rows in a single layer, overlapping them slightly, in a shallow 3-quart casserole (such as a 9- by 13-in. baking dish), interspersing the orange slices evenly throughout.
- ☐ Drizzle any of the remaining brandy mixture over the sweet potatoes. Cover tightly with foil.
- ☐ Bake in a 325 regular or convection oven (350 if baking with a turkey at that temperature) until sweet potatoes are tender when pierced, 50 to 60 minutes.
- ☐ In a small bowl, mix remaining 1/3 cup marmalade and 1 tablespoon brandy. Uncover sweet potatoes and brush marmalade mixture evenly over the top. Broil 6 inches from heat until lightly browned, 8 to 10 minutes.
- ☐ Add more salt to taste.

Nutrition Facts



Properties

Glycemic Index:19.06, Glycemic Load:12.11, Inflammation Score:-10, Nutrition Score:10.710000014661%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 4.91mg, Hesperetin: 4.91mg, Hesperetin: 4.91mg, Hesperetin: 4.91mg Naringenin: 2.59mg, Naringenin: 2.59mg, Naringenin: 2.59mg, Naringenin: 2.59mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg,

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 211.72kcal (10.59%), Fat: 2.9g (4.46%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 46.3g (15.43%), Net Carbohydrates: 42.31g (15.38%), Sugar: 25.9g (28.78%), Cholesterol: 0mg (0%), Sodium: 256.35mg (11.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Vitamin A: 16273.86IU (325.48%), Vitamin C: 14.6mg (17.69%), Fiber: 3.99g (15.96%), Manganese: 0.3mg (15.14%), Vitamin B6: 0.25mg (12.69%), Potassium: 430.66mg (12.3%), Copper: 0.2mg (10.22%), Vitamin B5: 0.96mg (9.62%), Magnesium: 31.04mg (7.76%), Vitamin B1: 0.11mg (7.18%), Phosphorus: 58.1mg (5.81%), Folate: 20.95µg (5.24%), Calcium: 52.26mg (5.23%), Vitamin B2: 0.08mg (4.99%), Iron: 0.76mg (4.2%), Vitamin B3: 0.71mg (3.54%), Vitamin E: 0.45mg (3%), Zinc: 0.36mg (2.43%), Vitamin K: 2.04µg (1.95%), Selenium: 0.93µg (1.32%)