



Molasses Horseradish Sweet Potato Spears

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



252 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup horseradish (including juice; 3 oz)
- ☐ 0.3 cup blackstrap molasses (not robust or blackstrap)
- ☐ 1.3 teaspoons salt
- ☐ 3 lb sweet potatoes and into peeled cut lengthwise into 8 spears
- ☐ 5 tablespoons butter unsalted
- ☐ 0.3 cup vegetable oil

Equipment

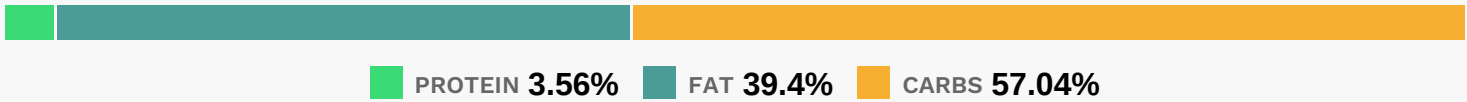
- ☐ bowl

- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ baking pan

Directions

- ☐ Put oven rack in lower third of oven and preheat oven to 450°F.
- ☐ If potato spears are very long, halve them diagonally. Toss potatoes with oil and 3/4 teaspoon salt in a large bowl, then spread in 1 layer in a large shallow baking pan (1 inch deep). Roast in lower third of oven, turning once or twice, until tender, 18 to 22 minutes. Leave oven on.
- ☐ While potatoes roast, bring butter, molasses, horseradish (with juice), and remaining 1/2 teaspoon salt to a boil in a small heavy saucepan, stirring, then reduce heat and simmer, stirring occasionally, until slightly thickened and reduced to about 3/4 cup, about 5 minutes.
- ☐ Transfer mixture to a blender and purée 30 seconds (use caution when blending hot liquids).
- ☐ Pour glaze through a fine-mesh sieve into a heatproof bowl, pressing on and discarding solids.
- ☐ Drizzle glaze over cooked sweet potatoes and gently toss until coated.
- ☐ Just before serving, bake glazed sweet potatoes in lower third of oven until hot, 3 to 5 minutes.
- ☐ Sweet potatoes can be roasted 2 hours ahead. Toss with glaze and reheat just before serving.

Nutrition Facts



Properties

Glycemic Index:13.7, Glycemic Load:17.43, Inflammation Score:-10, Nutrition Score:13.037826087812%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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: 251.81kcal (12.59%), Fat: 11.26g (17.33%), Saturated Fat: 4.46g (27.88%), Carbohydrates: 36.68g (12.23%), Net Carbohydrates: 32.33g (11.76%), Sugar: 14.72g (16.36%), Cholesterol: 15.05mg (5.02%), Sodium: 404.05mg (17.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Vitamin A: 19480.44IU (389.61%), Manganese: 0.53mg (26.7%), Potassium: 644.01mg (18.4%), Vitamin B6: 0.37mg (18.29%), Fiber: 4.35g (17.39%), Magnesium: 63.51mg (15.88%), Copper: 0.27mg (13.31%), Vitamin K: 13.07µg (12.44%), Vitamin B5: 1.19mg (11.94%), Iron: 1.4mg (7.77%), Vitamin B1: 0.11mg (7.45%), Phosphorus: 71.6mg (7.16%), Calcium: 70.19mg (7.02%), Vitamin E: 0.96mg (6.42%), Vitamin C: 5.26mg (6.37%), Vitamin B2: 0.09mg (5.15%), Folate: 19.74µg (4.93%), Vitamin B3: 0.9mg (4.48%), Selenium: 3.11µg (4.44%), Zinc: 0.51mg (3.43%)