



OI No. 7 Yams

 Vegetarian

READY IN



115 min.

SERVINGS



4

CALORIES



758 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup bourbon (recommended: No. 7 Jack Daniels)
- 1.5 cups brown sugar
- 4 tablespoons butter
- 1 stick cinnamon (3 to 4-inch)
- 0.3 teaspoon nutmeg freshly grated
- 1 long strip orange peel
- 4 large sweet potatoes
- 3 cups water

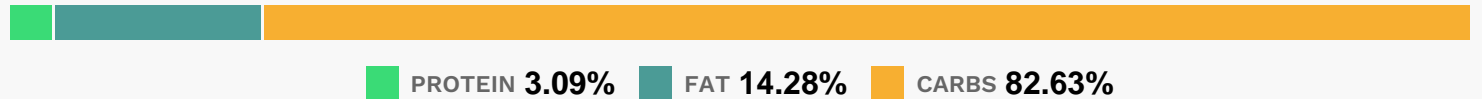
Equipment

- sauce pan
- oven
- casserole dish

Directions

- Watch how to make this recipe.
- Preheat oven to 400 degrees F.
- Wash and dry sweet potatoes and bake for 1 hour or until potatoes are soft to the touch.
- Remove from the oven and let cool slightly then remove skin from potatoes. Reduce oven temperature to 350 degrees F. While the potatoes are baking, combine remaining ingredients in a saucepan. Bring to a boil, then reduce the heat and simmer for 30 to 45 minutes until sauce is slightly thickened. Slice the potatoes 1/2-inch thick into a medium casserole dish.
- Pour syrup over them and return to the oven and bake for approximately 30 minutes.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:33.8, Inflammation Score:-10, Nutrition Score:21.721738977277%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 758.21kcal (37.91%), Fat: 11.59g (17.82%), Saturated Fat: 7.29g (45.58%), Carbohydrates: 150.87g (50.29%), Net Carbohydrates: 139.86g (50.86%), Sugar: 94.3g (104.78%), Cholesterol: 30.1mg (10.03%), Sodium: 309.39mg (13.45%), Alcohol: 6.68g (100%), Alcohol %: 1.33% (100%), Protein: 5.64g (11.29%), Vitamin A: 48600.97IU (972.02%), Manganese: 1.09mg (54.5%), Fiber: 11.01g (44.03%), Vitamin B6: 0.75mg (37.6%), Potassium: 1269.85mg (36.28%), Copper: 0.59mg (29.59%), Vitamin B5: 2.86mg (28.62%), Magnesium: 95.89mg (23.97%), Calcium: 192.99mg

(19.3%), Vitamin B1: 0.27mg (18.09%), Phosphorus: 168.72mg (16.87%), Iron: 2.77mg (15.4%), Vitamin C: 12.28mg (14.88%), Vitamin B2: 0.22mg (12.71%), Vitamin B3: 2.03mg (10.17%), Folate: 39.69µg (9.92%), Vitamin E: 1.24mg (8.24%), Zinc: 1.11mg (7.4%), Vitamin K: 7.37µg (7.02%), Selenium: 3.23µg (4.61%)