

# Old Bay-Roasted Sweet Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



179 kcal

SIDE DISH

## Ingredients

- 3 medium sweet potatoes and into scrubbed cut into 1-inch pieces ()
- 1 tablespoon olive oil extra virgin extra-virgin
- 1.5 teaspoons old bay seasoning

## Equipment

- oven

## Directions

Preheat oven to 450 degrees. On a rimmed baking sheet, toss sweetpotatoes extra-virginolive oil and Old Bayseasoning.

Bake until potatoesare deep golden brown on all sides,about 30 minutes, flipping halfwaythrough.

## Nutrition Facts

 PROTEIN 6%  FAT 18%  CARBS 76%

### Properties

Glycemic Index:14.5, Glycemic Load:16.83, Inflammation Score:0, Nutrition Score:12.641304347826%

### Flavonoids

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, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 179.01kcal (8.95%), Fat: 3.64g (5.6%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 34.6g (11.53%), Net Carbohydrates: 29.43g (10.7%), Sugar: 7.11g (7.9%), Cholesterol: 0mg (0%), Sodium: 93.5mg (4.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.47%), Vitamin A: 24066.71IU (481.33%), Manganese: 0.49mg (24.44%), Fiber: 5.17g (20.68%), Vitamin B6: 0.36mg (18.21%), Potassium: 576.38mg (16.47%), Vitamin B5: 1.36mg (13.56%), Copper: 0.26mg (13.11%), Magnesium: 44.06mg (11.01%), Vitamin K: 11.2µg (10.67%), Vitamin B1: 0.13mg (8.95%), Phosphorus: 80.95mg (8.09%), Iron: 1.32mg (7.32%), Vitamin E: 0.95mg (6.36%), Vitamin B2: 0.1mg (6.17%), Calcium: 58.35mg (5.84%), Vitamin C: 4.16mg (5.04%), Folate: 19.68µg (4.92%), Vitamin B3: 0.97mg (4.83%), Zinc: 0.53mg (3.55%), Selenium: 1.07µg (1.53%)