



Orange-Glazed Sweet Potatoes



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



260 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup firmly brown sugar dark packed
- ☐ 2 tablespoons butter melted
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 cup orange juice fresh
- ☐ 0.5 teaspoon orange zest
- ☐ 4 lb sweet potatoes

Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 32
- ☐ Peel potatoes, and cut into 1-inch-thick slices; arrange in a single layer in 2 lightly greased 13-x 9-inch baking dishes.
- ☐ Stir together brown sugar and next 5 ingredients; pour over potatoes. Cover with aluminum foil.
- ☐ Bake at 325 for 45 minutes or until fork-tender. Uncover and bake 5 more minutes or until glaze becomes syrupy.
- ☐ Make Ahead: Cover and chill cooked potatoes up to 1 day. To reheat, let stand at room temperature 1 hour.
- ☐ Bake, covered with foil, at 350 for 20 minutes.
- ☐ Brought to the table by cookbook authors Matt Lee and Ted Lee (adapted from The Lee Bros. Simple Fresh Southern cookbook).

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:24.17, Inflammation Score:-10, Nutrition Score:15.87913046097%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 260.49kcal (13.02%), Fat: 3.01g (4.64%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 55.68g (18.56%), Net Carbohydrates: 48.77g (17.73%), Sugar: 18.76g (20.84%), Cholesterol: 7.53mg (2.51%), Sodium: 222.16mg

(9.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Vitamin A: 32325.75IU (646.51%), Manganese: 0.61mg (30.25%), Fiber: 6.91g (27.65%), Vitamin C: 21.12mg (25.59%), Vitamin B6: 0.49mg (24.48%), Potassium: 836.84mg (23.91%), Vitamin B5: 1.89mg (18.87%), Copper: 0.36mg (17.99%), Magnesium: 60.86mg (15.22%), Vitamin B1: 0.21mg (13.68%), Phosphorus: 113.05mg (11.3%), Vitamin B2: 0.15mg (8.76%), Folate: 34.46µg (8.62%), Iron: 1.5mg (8.34%), Calcium: 78.87mg (7.89%), Vitamin B3: 1.4mg (6.99%), Zinc: 0.7mg (4.68%), Vitamin E: 0.69mg (4.57%), Vitamin K: 4.38µg (4.17%), Selenium: 1.51µg (2.16%)