



Orange Sweet Potatoes

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



120 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon ground cinnamon
- 1 tablespoon butter melted reduced-calorie
- 0.7 cup orange juice
- 2 pounds sweet potatoes

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 400
- Peel sweet potatoes, and cut lengthwise into 1/4-inch-thick slices. Arrange potato slices in a single layer in a 13- x 9-inch baking dish.
- Combine orange juice, margarine, and cinnamon in a small bowl, stirring well.
- Pour over sweet potato slices.
- Bake, uncovered, at 400 for 30 minutes or until tender, turning once.
- Tip: Sweet potatoes are rich in beta carotene, vitamin C, and vitamin E--nutrients that can help prevent heart disease and certain cancers.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:12.36, Inflammation Score:-10, Nutrition Score:10.297391229269%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 119.56kcal (5.98%), Fat: 1.51g (2.32%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 25.03g (8.34%), Net Carbohydrates: 21.55g (7.84%), Sugar: 6.48g (7.2%), Cholesterol: 0mg (0%), Sodium: 79.08mg (3.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.89%), Vitamin A: 16191.9IU (323.84%), Vitamin C: 13.06mg (15.83%), Manganese: 0.31mg (15.32%), Fiber: 3.48g (13.91%), Vitamin B6: 0.25mg (12.28%), Potassium: 424.49mg (12.13%), Vitamin B5: 0.95mg (9.48%), Copper: 0.18mg (9.03%), Magnesium: 30.71mg (7.68%), Vitamin B1: 0.11mg (7.15%), Phosphorus: 57.25mg (5.73%), Folate: 18.69µg (4.67%), Vitamin B2: 0.08mg (4.47%), Iron: 0.74mg (4.1%), Calcium: 37.44mg (3.74%), Vitamin B3: 0.72mg (3.58%), Vitamin E: 0.36mg (2.39%), Zinc: 0.35mg (2.34%), Vitamin K: 2.08µg (1.98%)