



Oven-Roasted Sweet Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



107 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon butter melted
- ☐ 1 tablespoon olive oil
- ☐ 4 cups onion coarsely chopped
- ☐ 0.8 teaspoon salt
- ☐ 7 cups sweet potatoes cubed peeled 1-inch 2 pounds

Equipment

- ☐ oven

- ☐roasting pan
- ☐broiler

Directions

- ☐Preheat oven to 32
- ☐Place sweet potatoes in a shallow roasting pan coated with cooking spray.
- ☐Drizzle with oil.
- ☐Sprinkle with salt and pepper; toss to coat.
- ☐Bake at 325 for 30 minutes.
- ☐Add onion; stir well.
- ☐Bake an additional 30 minutes; remove from oven.
- ☐Preheat broiler.
- ☐Drizzle sweet potato mixture with butter; stir to coat. Broil 10 minutes or until browned.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:8.81, Inflammation Score:-10, Nutrition Score:9.2299999840072%

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 Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg

Nutrients (% of daily need)

Calories: 106.94kcal (5.35%), Fat: 2.21g (3.4%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 20.65g (6.88%), Net Carbohydrates: 17.39g (6.32%), Sugar: 5.51g (6.12%), Cholesterol: 2.51mg (0.84%), Sodium: 197.69mg (8.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.65%), Vitamin A: 11037.42IU (220.75%), Manganese: 0.28mg (14%), Fiber: 3.26g (13.02%), Vitamin B6: 0.23mg (11.32%), Potassium: 340.75mg (9.74%), Vitamin C: 5.81mg (7.04%), Copper: 0.14mg (6.96%), Vitamin B5: 0.69mg (6.89%), Magnesium: 24.9mg (6.22%), Vitamin B1: 0.09mg (5.68%), Phosphorus: 52.34mg (5.23%), Folate: 18.72µg (4.68%), Vitamin B2: 0.06mg (3.66%), Calcium: 36.29mg

(3.63%), Iron: 0.6mg (3.34%), Vitamin E: 0.41mg (2.72%), Vitamin B3: 0.5mg (2.48%), Vitamin K: 2.53µg (2.41%), Zinc: 0.33mg (2.17%), Selenium: 0.75µg (1.07%)