



## Oven-Roasted Sweet Potatoes and Onions

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



207 kcal

SIDE DISH

### Ingredients

- 2 tablespoons olive oil extra-virgin
- 0.8 teaspoon garlic-pepper blend (such as McCormick)
- 0.5 teaspoon salt
- 4 medium sweet potatoes peeled cut into 2-inch pieces ( 2 1/4 pounds)
- 2 medium oso sweet cut into 1-inch pieces ( 1 pound)

### Equipment

- oven
- baking pan

## Directions

- Preheat oven to 42
- Combine all ingredients in a 13 x 9-inch baking dish, tossing to coat.
- Bake at 425 for 35 minutes or until tender, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:14.67, Glycemic Load:15, Inflammation Score:-10, Nutrition Score:13.648260707441%

## Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg 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: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 1.31mg, Myricetin: 1.31mg, Myricetin: 1.31mg, Myricetin: 1.31mg Quercetin: 16.04mg, Quercetin: 16.04mg, Quercetin: 16.04mg, Quercetin: 16.04mg

## Nutrients (% of daily need)

Calories: 206.69kcal (10.33%), Fat: 4.83g (7.43%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 38.77g (12.92%), Net Carbohydrates: 33.25g (12.09%), Sugar: 11.84g (13.16%), Cholesterol: 0mg (0%), Sodium: 285.64mg (12.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.54%), Vitamin A: 21376.22IU (427.52%), Manganese: 0.48mg (23.97%), Vitamin B6: 0.46mg (23.15%), Fiber: 5.52g (22.08%), Potassium: 640.63mg (18.3%), Copper: 0.29mg (14.53%), Vitamin B5: 1.32mg (13.16%), Magnesium: 47.7mg (11.92%), Vitamin C: 9.03mg (10.94%), Vitamin B1: 0.16mg (10.9%), Folate: 41.96µg (10.49%), Phosphorus: 101.18mg (10.12%), Vitamin E: 1.09mg (7.24%), Iron: 1.24mg (6.89%), Calcium: 68.11mg (6.81%), Vitamin B2: 0.11mg (6.73%), Vitamin K: 5.86µg (5.58%), Vitamin B3: 0.99mg (4.94%), Zinc: 0.6mg (4%), Selenium: 1.51µg (2.16%)