



WHATSheATE



HEALTH SCORE

51%

Pan-Roasted Sweet Potatoes with Fennel



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



238 kcal

SIDE DISH

Ingredients



4 fennel bulbs halved lengthwise finely chopped cut into 3/4-inch wedges, some of the feathery tops



0.3 teaspoon mace



1 tablespoon brown sugar light



0.3 cup olive oil extra-virgin



10 servings salt and pepper freshly ground



4 pounds sweet potatoes peeled cut into 1 1/2-inch chunks

Equipment



bowl

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat the oven to 40
- ☐ In a bowl, toss the sweet potato chunks and fennel wedges with the olive oil, brown sugar and mace; season with salt and pepper.
- ☐ Spread the vegetables in a large nonstick roasting pan. Roast for about 1 hour, stirring occasionally, until the sweet potatoes and fennel are tender and caramelized.
- ☐ Transfer them to a platter, sprinkle with the fennel tops and serve.
- ☐ Make Ahead: The roasted vegetables can be refrigerated overnight. Reheat in a 400 oven before serving.
- ☐ Notes: Per Serving: Calories 211 kcal, Total Fat 2 gm, Saturated Fat 1 gm

Nutrition Facts



Properties

Glycemic Index:10.3, Glycemic Load:19.78, Inflammation Score:-10, Nutrition Score:18.97347816177%

Flavonoids

Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg 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: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 237.59kcal (11.88%), Fat: 5.69g (8.76%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 44.54g (14.85%), Net Carbohydrates: 36.19g (13.16%), Sugar: 12.43g (13.81%), Cholesterol: 0mg (0%), Sodium: 342.74mg (14.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.03%), Vitamin A: 25866.28IU (517.33%), Vitamin K: 65.3µg (62.19%), Fiber: 8.35g (33.42%), Manganese: 0.65mg (32.45%), Potassium: 1000.87mg (28.6%), Vitamin B6: 0.42mg (21.19%), Vitamin C: 15.6mg (18.91%), Copper: 0.34mg (16.88%), Vitamin B5: 1.67mg (16.7%), Magnesium: 61.47mg (15.37%), Phosphorus: 132.18mg (13.22%), Vitamin E: 1.79mg (11.95%), Folate: 45.28µg (11.32%), Iron: 1.84mg (10.21%), Calcium: 101.59mg (10.16%), Vitamin B1: 0.15mg (10.07%), Vitamin B2: 0.14mg (8.29%), Vitamin B3: 1.61mg

(8.06%), Zinc: 0.73mg (4.89%), Selenium: 1.76µg (2.51%)