



Roasted Apples and Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



425 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2 large granny smith apples peeled
- ☐ 0.5 teaspoon coarsely ground pepper
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons brown sugar light
- ☐ 1 teaspoon orange rind grated
- ☐ 3 pounds sweet potatoes peeled 5 medium-size sweet potatoes

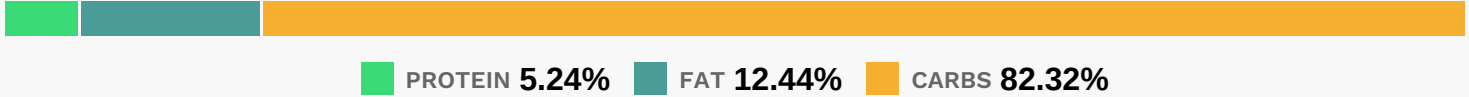
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Cut peeled sweet potatoes into 1-inch cubes.
- ☐ Cut peeled apples into 1/2-inch-thick slices.
- ☐ Stir together melted butter, brown sugar, and grated orange rind in a large zip-top plastic freezer bag until blended.
- ☐ Add cubed sweet potatoes and sliced apples. Seal bag, and toss to coat.
- ☐ Place potato mixture in a single layer in a lightly greased aluminum foil-lined 15- x 10-inch jelly-roll pan.
- ☐ Sprinkle with salt and pepper.
- ☐ Bake at 400 for 30 to 35 minutes or until potatoes and apples are tender and lightly browned.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:37.88, Inflammation Score:-10, Nutrition Score:21.444347970512%

Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 424.65kcal (21.23%), Fat: 6.05g (9.3%), Saturated Fat: 3.69g (23.09%), Carbohydrates: 90.01g (30%), Net Carbohydrates: 77.01g (28%), Sugar: 31.64g (35.16%), Cholesterol: 15.05mg (5.02%), Sodium: 816.35mg (35.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.46%), Vitamin A: 48501.97IU (970.04%), Fiber: 13g (51.99%), Manganese: 0.95mg (47.7%), Vitamin B6: 0.76mg (38.05%), Potassium: 1279.92mg (36.57%), Vitamin B5: 2.81mg (28.11%), Copper: 0.55mg (27.54%), Magnesium: 91.86mg (22.96%), Vitamin B1: 0.29mg (19.04%), Phosphorus: 174.58mg (17.46%), Vitamin C: 13.97mg (16.94%), Vitamin B2: 0.24mg (14.11%), Iron: 2.29mg (12.7%), Calcium: 117.68mg (11.77%), Folate: 41.23µg (10.31%), Vitamin B3: 2.01mg (10.07%), Vitamin K: 9.48µg (9.02%), Vitamin E: 1.25mg (8.34%), Zinc: 1.08mg (7.19%), Selenium: 2.2µg (3.15%)