



Roasted Apples and Sweet Potatoes in Honey-Bourbon Glaze

 Vegetarian

READY IN



139 min.

SERVINGS



12

CALORIES



381 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 0.7 cup brown sugar packed
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 cup honey
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.7 cup pecans coarsely chopped

- ☐ 3 delicious apples
- ☐ 0.5 teaspoon salt
- ☐ 5 lb sweet potatoes and into
- ☐ 6 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Wash sweet potatoes, and place on a baking sheet; prick with a fork.
- ☐ Bake at 400 for 1 hour or until almost tender.
- ☐ Remove from oven.
- ☐ Let stand 45 minutes or until cooled.
- ☐ Meanwhile, peel and core apples. Slice apples into 1/3" thick wedges; toss with lemon juice in a bowl.
- ☐ Peel cooled potatoes, and slice 1/3" thick. Arrange potatoes and apples alternately in a greased 13" x 9" baking dish.
- ☐ Pour remaining lemon juice over potatoes and apples.
- ☐ Combine brown sugar and next 6 ingredients in a saucepan, stirring well. Bring to a boil over medium heat, stirring occasionally; boil 2 minutes or until slightly thickened.
- ☐ Pour glaze over potatoes and apples.
- ☐ Bake, uncovered, at 400 for 30 minutes.
- ☐ Remove from oven; baste with glaze in bottom of dish, and sprinkle nuts across top.
- ☐ Bake 14 to 15 more minutes or until apples look roasted. Baste with glaze just before serving.

Nutrition Facts



Properties

Glycemic Index:14.36, Glycemic Load:26.52, Inflammation Score:-10, Nutrition Score:15.585652263916%

Flavonoids

Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 3.48mg, Epicatechin: 3.48mg, Epicatechin: 3.48mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 380.97kcal (19.05%), Fat: 10.23g (15.73%), Saturated Fat: 4.02g (25.13%), Carbohydrates: 69.32g (23.11%), Net Carbohydrates: 61.84g (22.49%), Sugar: 36.46g (40.51%), Cholesterol: 15.05mg (5.02%), Sodium: 206.2mg (8.97%), Alcohol: 1.67g (100%), Alcohol %: 0.74% (100%), Protein: 3.79g (7.58%), Vitamin A: 27016.69IU (540.33%), Manganese: 0.85mg (42.7%), Fiber: 7.49g (29.95%), Vitamin B6: 0.44mg (21.91%), Potassium: 742.89mg (21.23%), Copper: 0.39mg (19.26%), Vitamin B5: 1.63mg (16.33%), Magnesium: 58.96mg (14.74%), Vitamin B1: 0.2mg (13.14%), Phosphorus: 114.19mg (11.42%), Vitamin C: 8.74mg (10.59%), Iron: 1.55mg (8.59%), Vitamin B2: 0.14mg (8.47%), Calcium: 78.47mg (7.85%), Folate: 25.14µg (6.28%), Zinc: 0.91mg (6.08%), Vitamin B3: 1.21mg (6.07%), Vitamin E: 0.83mg (5.55%), Vitamin K: 5.16µg (4.91%), Selenium: 1.75µg (2.5%)