



Roasted Gingered Sweet Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



270 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup coconut or flaked
- ☐ 2 tablespoons ginger fresh minced
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 2 large sweet potatoes peeled cut into wedges

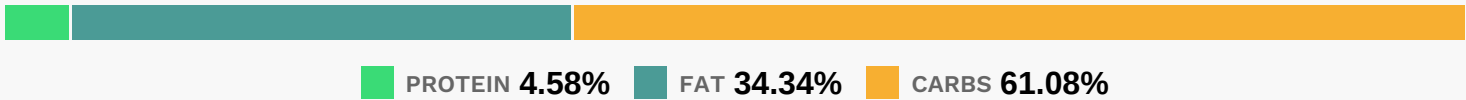
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Toss together sweet potato and olive oil; arrange potato in an aluminum foil-lined 15- x 10-inch jellyroll pan.
- ☐ Bake at 450 for 10 minutes. Reduce heat to 350; bake 35 to 40 minutes.
- ☐ Combine coconut and next 5 ingredients.
- ☐ Spread mixture onto a baking sheet; bake at 350 for 5 minutes or until golden.
- ☐ Sprinkle potato with coconut mixture.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:17.04, Inflammation Score:-10, Nutrition Score:13.644347875015%

Flavonoids

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: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 270.26kcal (13.51%), Fat: 10.56g (16.25%), Saturated Fat: 4.05g (25.3%), Carbohydrates: 42.29g (14.1%), Net Carbohydrates: 36.2g (13.16%), Sugar: 13.4g (14.88%), Cholesterol: 0mg (0%), Sodium: 388.59mg (16.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Vitamin A: 24169.98IU (483.4%), Manganese: 0.61mg (30.6%), Fiber: 6.09g (24.34%), Vitamin B6: 0.39mg (19.58%), Potassium: 629.91mg (18%), Copper: 0.31mg (15.63%), Vitamin B5: 1.42mg (14.22%), Magnesium: 49.71mg (12.43%), Vitamin E: 1.52mg (10.14%), Phosphorus: 93.79mg (9.38%), Vitamin B1: 0.14mg (9.24%), Iron: 1.34mg (7.45%), Vitamin K: 7.41µg (7.05%), Vitamin B2: 0.11mg

(6.6%), Calcium: 59.71mg (5.97%), Vitamin C: 4.66mg (5.65%), Vitamin B3: 1.03mg (5.14%), Folate: 19.78µg (4.94%), Zinc: 0.64mg (4.29%), Selenium: 2.22µg (3.17%)