



Roasted Japanese Sweet Potatoes with Scallion Butter



Vegetarian



Gluten Free

READY IN



1500 min.

SERVINGS



8

CALORIES



271 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons miso white (preferably)
- ☐ 3 tablespoons spring onion finely chopped
- ☐ 8 small sweet potatoes and into (4 to 5 pounds total)
- ☐ 1.5 sticks butter unsalted softened well

Equipment

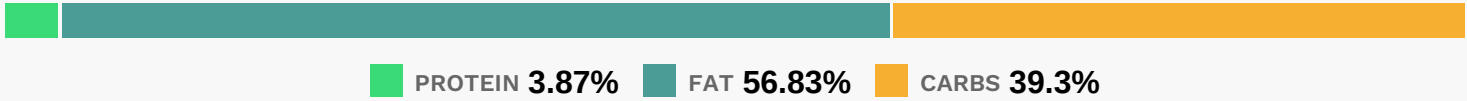
- ☐ baking sheet
- ☐ oven

- ☐ aluminum foil
- ☐ oven mitt

Directions

- ☐ Preheat oven to 450°F with rack in upper third.
- ☐ Prick potatoes all over with a fork and put on a foil-lined large baking sheet.
- ☐ Bake until very soft when squeezed, 45 minutes to 1 hour.
- ☐ While potatoes bake, stir together butter, miso, and scallion until combined.
- ☐ Slit hot potatoes lengthwise and, using oven mitts, push in sides to puff up potato.
- ☐ Serve with some scallion butter in center of each and with additional scallion butter on the side.
- ☐ · Scallion butter can be made 4 days ahead and chilled, covered. Bring to warm room temperature and stir before using.· Sweet potatoes can be roasted (but not cut) 4 hours ahead and kept at room temperature, covered with foil. Reheat potatoes on a baking sheet on middle rack of a 350°F oven until heated through, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:13.33, Inflammation Score:-10, Nutrition Score:11.163043504176%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 270.75kcal (13.54%), Fat: 17.45g (26.84%), Saturated Fat: 10.94g (68.38%), Carbohydrates: 27.14g (9.05%), Net Carbohydrates: 23.01g (8.37%), Sugar: 5.7g (6.33%), Cholesterol: 45.55mg (15.18%), Sodium: 193.08mg (8.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.34%), Vitamin A: 18997.78IU (379.96%), Manganese: 0.37mg (18.36%), Fiber: 4.13g (16.52%), Vitamin B6: 0.28mg (14%), Potassium: 456.09mg (13.03%), Vitamin B5: 1.08mg (10.76%), Copper: 0.21mg (10.75%), Vitamin K: 9.41µg (8.97%), Magnesium: 34.9mg (8.73%), Phosphorus:

72.09mg (7.21%), Vitamin B1: 0.11mg (7.12%), Vitamin B2: 0.1mg (5.63%), Vitamin E: 0.84mg (5.61%), Iron: 0.91mg (5.06%), Calcium: 47.52mg (4.75%), Vitamin C: 3.54mg (4.29%), Folate: 16.98µg (4.25%), Vitamin B3: 0.77mg (3.87%), Zinc: 0.5mg (3.33%), Vitamin D: 0.32µg (2.12%), Selenium: 1.23µg (1.75%)