



Roasted Spiced Sweet Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon coriander seeds
- ☐ 0.5 teaspoon fennel seeds
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon pepper flakes dried red hot
- ☐ 2 lb sweet potatoes
- ☐ 3 tablespoons vegetable oil

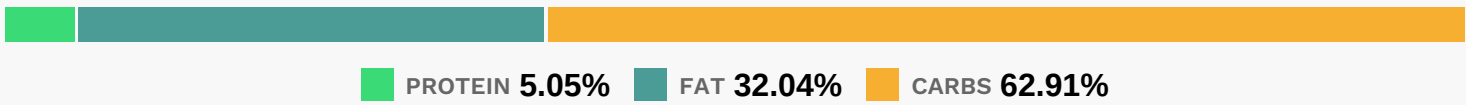
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ spatula
- ☐ mortar and pestle

Directions

- ☐ Preheat oven to 425°F.
- ☐ Coarsely grind coriander, fennel, oregano, and red pepper flakes in an electric coffee/spice grinder or with a mortar and pestle. Stir together spices and salt.
- ☐ Cut potatoes lengthwise into 1-inch wedges.
- ☐ Toss wedges with oil and spices in a large roasting pan and roast in middle of oven 20 minutes. Turn wedges over with a spatula and roast until tender and slightly golden, 15 to 20 minutes more.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:15.02, Inflammation Score:-10, Nutrition Score:12.111304324606%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 192.62kcal (9.63%), Fat: 6.99g (10.75%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 30.89g (10.3%), Net Carbohydrates: 26.02g (9.46%), Sugar: 6.34g (7.04%), Cholesterol: 0mg (0%), Sodium: 473.78mg (20.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Vitamin A: 21502.86IU (430.06%), Manganese: 0.42mg (20.97%), Fiber: 4.87g (19.48%), Vitamin B6: 0.32mg (16.1%), Vitamin K: 16.44µg (15.66%), Potassium: 522.01mg (14.91%), Vitamin B5: 1.21mg (12.13%), Copper: 0.24mg (11.82%), Magnesium: 40.25mg (10.06%), Vitamin B1: 0.12mg (8.01%), Phosphorus: 73.98mg (7.4%), Vitamin E: 1.04mg (6.96%), Iron: 1.1mg (6.12%), Vitamin B2: 0.1mg (5.66%), Calcium: 53.17mg (5.32%), Vitamin C: 3.74mg (4.53%), Vitamin B3: 0.89mg (4.43%), Folate: 17.07µg (4.27%), Zinc: 0.49mg (3.25%), Selenium: 1.04µg (1.48%)