



Roasted Sweet-Potato Rounds with Garlic Oil and Fried Sage



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 3 large garlic clove
- ☐ 0.3 cup olive oil
- ☐ 24 sage
- ☐ 2.5 pounds sweet potatoes and into peeled sliced into 1/2-inch-thick rounds

Equipment

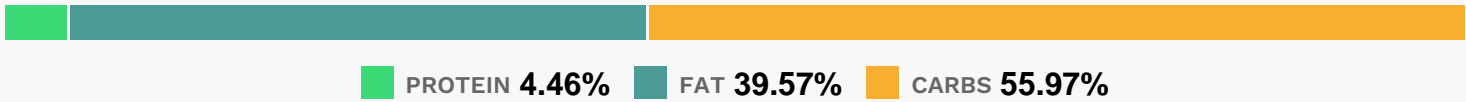
- ☐ bowl
- ☐ frying pan

- ☐ paper towels
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat oven 450°F with rack in upper third.
- ☐ Purée garlic with oil and 3/4 teaspoon salt in a blender until smooth. Toss sweet potatoes with garlic oil in a large bowl, then spread in 1 layer in a 15-by 10-inch shallow baking pan.
- ☐ Bake until golden in patches and cooked through, 20 to 30 minutes.
- ☐ Heat oil in a small heavy skillet over medium-high heat until it shimmers, then fry sage leaves in 2 batches, stirring, until crisp, 30 seconds to 1 minute per batch.
- ☐ Transfer with a slotted spoon to paper towels to drain.
- ☐ Serve sweet potatoes with sage leaves scattered on top.
- ☐ •Sweet potatoes can be cut and tossed with garlic oil 4 hours ahead and chilled in a sealable bag. •Sage leaves can be fried 4 hours ahead and kept at room temperature.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:14.18, Inflammation Score:-10, Nutrition Score:12.212173897287%

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, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 203.32kcal (10.17%), Fat: 9.08g (13.97%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 28.91g (9.64%), Net Carbohydrates: 24.63g (8.96%), Sugar: 5.94g (6.6%), Cholesterol: 0mg (0%), Sodium: 78.34mg (3.41%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Vitamin A: 20109.84IU (402.2%), Copper: 0.59mg (29.32%), Manganese: 0.4mg (19.83%), Fiber: 4.28g (17.14%), Vitamin B6: 0.31mg (15.51%), Potassium: 482.81mg (13.79%), Vitamin B5: 1.14mg (11.41%), Vitamin E: 1.67mg (11.1%), Magnesium: 35.93mg (8.98%), Vitamin K: 7.99µg (7.61%), Vitamin B1: 0.11mg (7.54%), Phosphorus: 68.39mg (6.84%), Iron: 0.95mg (5.27%), Vitamin B2: 0.09mg (5.17%), Vitamin C: 3.75mg (4.55%), Calcium: 45.45mg (4.54%), Vitamin B3: 0.8mg (3.99%), Folate: 15.63µg (3.91%), Zinc: 0.44mg (2.94%), Selenium: 1.01µg (1.44%)