



## Roasted Sweet Potato Wedges

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



244 kcal

SIDE DISH

### Ingredients

- 3 tablespoons brown sugar
- 0.3 teaspoon ground nutmeg
- 8 servings kosher salt and pepper
- 2 tablespoons olive oil
- 4 pounds sweet potatoes peeled cut into 8 wedges
- 8 sprigs thyme leaves

### Equipment

- bowl

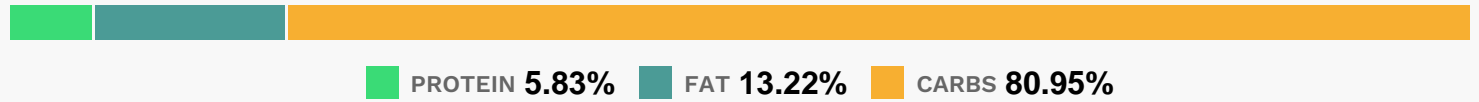
baking sheet

oven

## Directions

- Heat oven to 400 F. In a large bowl, combine the oil, sugar, nutmeg, 1 teaspoon salt, and 1/2 teaspoon pepper.
- Add the sweet potato wedges and toss to coat.
- Transfer to a large rimmed baking sheet and arrange in a single layer. Scatter the thyme over the top and roast, turning once, until the edges are dark brown and the wedges are crisp, about 1 hour. **Make-Ahead Note:** The sweet potatoes can be cut and seasoned up to 2 hours before cooking.

## Nutrition Facts



## Properties

Glycemic Index:21.63, Glycemic Load:22.58, Inflammation Score:-10, Nutrition Score:14.944782526597%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 244.42kcal (12.22%), Fat: 3.65g (5.62%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 50.32g (16.77%), Net Carbohydrates: 43.36g (15.77%), Sugar: 13.86g (15.4%), Cholesterol: 0mg (0%), Sodium: 319.96mg (13.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.25%), Vitamin A: 32223.15IU (644.46%), Manganese: 0.61mg (30.38%), Fiber: 6.96g (27.83%), Vitamin B6: 0.48mg (23.97%), Potassium: 776.67mg (22.19%), Vitamin B5: 1.82mg (18.24%), Copper: 0.35mg (17.55%), Magnesium: 58.82mg (14.71%), Vitamin B1: 0.18mg (11.84%), Phosphorus: 107.97mg (10.8%), Iron: 1.61mg (8.96%), Vitamin C: 7.05mg (8.54%), Vitamin B2: 0.14mg (8.42%), Calcium: 76.09mg (7.61%), Vitamin E: 1.09mg (7.29%), Vitamin B3: 1.29mg (6.44%), Folate: 25.49µg (6.37%), Vitamin K: 6.19µg (5.89%), Zinc: 0.7mg (4.68%), Selenium: 1.42µg (2.02%)