



Roasted Sweet Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



445 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon kosher salt
- ☐ 6 tablespoons brown sugar light
- ☐ 1 teaspoon nutmeg freshly grated
- ☐ 8 ounces pecans
- ☐ 4 pounds sweet potatoes
- ☐ 4 teaspoons butter unsalted

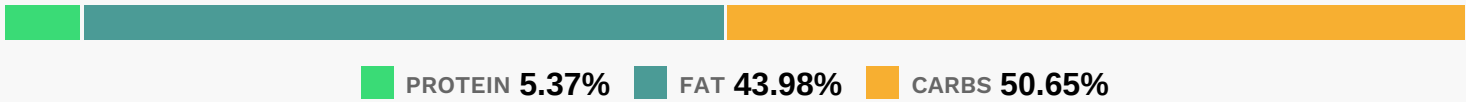
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 350 F.
- ☐ Place the butter on a rimmed baking sheet and transfer to oven until melted. Meanwhile, peel the sweet potatoes and cut them into 1-inch chunks.
- ☐ Add with the remaining ingredients and toss to combine. Roast, stirring occasionally, until tender, about 45 minutes. Tip: You can use spiced nuts (store-bought or homemade) in place of plain.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:22.69, Inflammation Score:-10, Nutrition Score:21.539130493675%

Flavonoids

Cyanidin: 3.04mg, Cyanidin: 3.04mg, Cyanidin: 3.04mg, Cyanidin: 3.04mg Delphinidin: 2.06mg, Delphinidin: 2.06mg, Delphinidin: 2.06mg, Delphinidin: 2.06mg Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg 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, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 445.21kcal (22.26%), Fat: 22.65g (34.85%), Saturated Fat: 3.15g (19.68%), Carbohydrates: 58.7g (19.57%), Net Carbohydrates: 49.09g (17.85%), Sugar: 19.42g (21.57%), Cholesterol: 5.38mg (1.79%), Sodium: 418.33mg (18.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.46%), Vitamin A: 32254.25IU (645.09%), Manganese: 1.96mg (97.9%), Fiber: 9.61g (38.45%), Copper: 0.69mg (34.56%), Vitamin B6: 0.54mg (26.96%), Potassium: 897.34mg (25.64%), Vitamin B1: 0.37mg (24.34%), Magnesium: 92.86mg (23.22%), Vitamin B5: 2.07mg (20.75%), Phosphorus: 187.03mg (18.7%), Zinc: 1.98mg (13.23%), Iron: 2.22mg (12.36%), Vitamin B2: 0.18mg (10.39%), Calcium: 96.88mg (9.69%), Vitamin B3: 1.63mg (8.17%), Folate: 31.57µg (7.89%), Vitamin C: 5.76mg (6.99%), Vitamin E: 1.04mg (6.96%), Vitamin K: 5.25µg (5%), Selenium: 2.72µg (3.88%)