



Roasted Sweet Potatoes and Apples



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



334 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon cayenne pepper
- ☐ 2 sprigs rosemary fresh finely chopped
- ☐ 3 granny smith apples
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 juice of lemon
- ☐ 6 servings kosher salt
- ☐ 6 servings olive oil extra-virgin
- ☐ 2 large sweet potatoes peeled cut into 1-inch dice

☐ 0.5 cup walnuts coarsely chopped

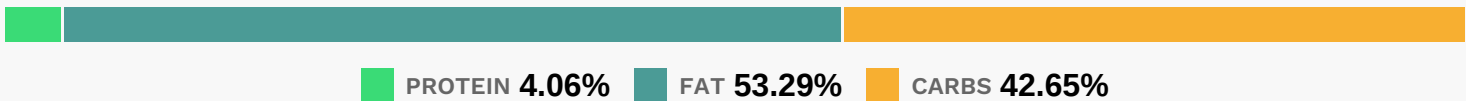
Equipment

- ☐ bowl
- ☐ oven
- ☐ potato masher

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ In a large bowl, toss the sweet potatoes generously with some olive oil, salt, cinnamon and cayenne.
- ☐ Lay the sweet potatoes out on a sheet tray, place them in the oven and roast until they are very soft and mushy, 30 to 35 minutes.
- ☐ Peel the apples and cut into 1-inch dice. Toss the apples with the lemon juice, some olive oil, salt and the rosemary.
- ☐ Lay them out on a sheet tray and place in the oven during the last 15 minutes of the cooking time for the sweet potatoes. When done, the apples should be soft and cooked through but still hold their shape.
- ☐ Sprinkle the walnuts over the apples during the last 5 minutes in the oven.
- ☐ Transfer the sweet potatoes to a large bowl and coarsely mash them with a potato masher. Stir in the cooked apples and walnuts. Taste and adjust the seasoning if needed.
- ☐ Serve immediately or keep in a warm oven and serve hot.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:14.73, Inflammation Score:-10, Nutrition Score:14.148695614027%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg

Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg
Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3–gallate:
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg
Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg,
Epigallocatechin 3–gallate: 0.17mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg
Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.04mg,
Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin:
0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol:
0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg,
Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin:
3.67mg

Nutrients (% of daily need)

Calories: 333.85kcal (16.69%), Fat: 20.61g (31.7%), Saturated Fat: 2.58g (16.15%), Carbohydrates: 37.1g (12.37%), Net
Carbohydrates: 30.72g (11.17%), Sugar: 14.54g (16.16%), Cholesterol: 0mg (0%), Sodium: 257.61mg (11.2%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.07%), Vitamin A: 16200.66IU (324.01%), Manganese: 0.69mg
(34.53%), Fiber: 6.38g (25.53%), Copper: 0.35mg (17.63%), Vitamin E: 2.6mg (17.33%), Vitamin B6: 0.33mg (16.61%),
Potassium: 529.35mg (15.12%), Vitamin K: 12.92µg (12.3%), Magnesium: 48.83mg (12.21%), Vitamin B5: 1.02mg
(10.22%), Vitamin C: 8.14mg (9.87%), Phosphorus: 97.83mg (9.78%), Vitamin B1: 0.14mg (9.22%), Iron: 1.2mg (6.64%),
Vitamin B2: 0.11mg (6.44%), Folate: 25.47µg (6.37%), Calcium: 51.45mg (5.14%), Zinc: 0.69mg (4.58%), Vitamin B3:
0.84mg (4.21%), Selenium: 1.18µg (1.69%)