



Roasted Sweet Potatoes and Apples



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



10

CALORIES



236 kcal

SIDE DISH

Ingredients

- ☐ 2 fuji apples peeled cut into 1-in. chunks
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 golden delicious peeled cut into 1-in. chunks
- ☐ 2 granny smith apples peeled cut into 1-in. chunks
- ☐ 1.5 tsp kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 lemon zest shredded finely

- ☐ 0.3 cup maple syrup
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 3 pounds orange-flesh sweet potatoes

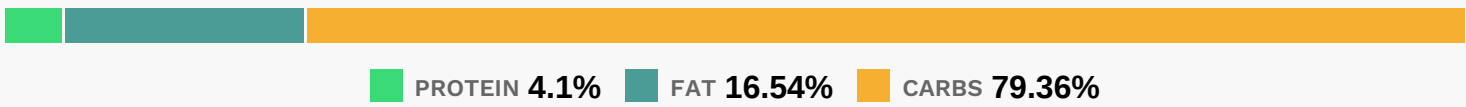
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ In a large bowl, toss sweet potatoes, oil, apples, syrup, lemon zest and juice, chopped thyme, 1 1/2 tsp. kosher salt, and pepper until coated.
- ☐ Spread mixture in a single layer in 2 large, oiled, rimmed baking pans. Roast until sweet potatoes are browned and tender when pierced, 40 minutes, turning chunks every 15 minutes.
- ☐ Transfer to a platter, add more salt to taste, and garnish with thyme sprigs.
- ☐ Make ahead: Up to 1 day; chill. Reheat, drizzled with a little olive oil, in a 425 oven in 2 baking pans, until hot, 20 minutes.

Nutrition Facts



Properties

Glycemic Index:27.45, Glycemic Load:19.78, Inflammation Score:-10, Nutrition Score:13.360869703086%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 7.49mg, Epicatechin: 7.49mg, Epicatechin: 7.49mg, Epicatechin: 7.49mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg

0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 236.06kcal (11.8%), Fat: 4.47g (6.87%), Saturated Fat: 0.63g (3.94%), Carbohydrates: 48.23g (16.08%), Net Carbohydrates: 41.34g (15.03%), Sugar: 21.8g (24.22%), Cholesterol: 0mg (0%), Sodium: 426.06mg (18.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.98%), Vitamin A: 19397.42IU (387.95%), Manganese: 0.6mg (30.02%), Fiber: 6.89g (27.58%), Potassium: 599.2mg (17.12%), Vitamin B6: 0.34mg (16.86%), Vitamin B2: 0.22mg (12.81%), Copper: 0.24mg (12.12%), Vitamin B5: 1.17mg (11.68%), Vitamin C: 9.09mg (11.02%), Magnesium: 42.65mg (10.66%), Vitamin B1: 0.13mg (8.77%), Vitamin E: 1.16mg (7.73%), Phosphorus: 76.7mg (7.67%), Vitamin K: 7.4µg (7.05%), Iron: 1.14mg (6.32%), Calcium: 60.58mg (6.06%), Folate: 18.95µg (4.74%), Vitamin B3: 0.88mg (4.41%), Zinc: 0.53mg (3.5%), Selenium: 0.83µg (1.18%)