



Roasted Sweet Potatoes and Onions

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



16

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 pounds sweet potatoes and into peeled cut into 1 1/2-inch cubes
- 2 medium onion cut into eighths
- 0.3 cup butter melted
- 0.3 cup brown sugar packed
- 0.3 cup pecans coarsely chopped
- 1 teaspoon sage dried

Equipment

- oven

roasting pan

Directions

Heat oven to 450°.

Place sweet potatoes and onions in roasting pan or rectangular pan, 13x9x2 inches.

Drizzle with butter; toss to coat.

Bake uncovered 25 to 30 minutes, stirring once, until almost tender. Stir in brown sugar, pecans and sage.

Bake 10 to 15 minutes longer or until coated and tender.

Nutrition Facts



PROTEIN 5.42% **FAT 23.84%** **CARBS 70.74%**

Properties

Glycemic Index:5.94, Glycemic Load:11.55, Inflammation Score:-10, Nutrition Score:11.053478212298%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 153.54kcal (7.68%), Fat: 4.16g (6.4%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 27.76g (9.25%), Net Carbohydrates: 23.95g (8.71%), Sugar: 8.73g (9.69%), Cholesterol: 0mg (0%), Sodium: 97.33mg (4.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Vitamin A: 16215.89IU (324.32%), Copper: 0.58mg (28.88%), Manganese: 0.4mg (20.08%), Fiber: 3.81g (15.23%), Vitamin B6: 0.26mg (12.94%), Potassium: 415.8mg (11.88%), Vitamin B5: 0.95mg (9.46%), Magnesium: 32.41mg (8.1%), Vitamin B1: 0.11mg (7.12%), Phosphorus: 63mg (6.3%), Vitamin C: 3.76mg (4.56%), Vitamin B2: 0.08mg (4.5%), Iron: 0.8mg (4.46%), Calcium: 43.11mg (4.31%), Folate: 15.53µg (3.88%), Vitamin B3: 0.67mg (3.36%), Zinc: 0.44mg (2.96%), Vitamin E: 0.43mg (2.88%), Vitamin K:

2.16µg (2.05%), Selenium: 0.86µg (1.22%)