



Roasted Sweet Potatoes and Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons olive oil extravirgin
- ☐ 1 onion cut into 1/2-inch wedges
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 large sweet potatoes and into peeled cut into 1/2-inch cubes

Equipment

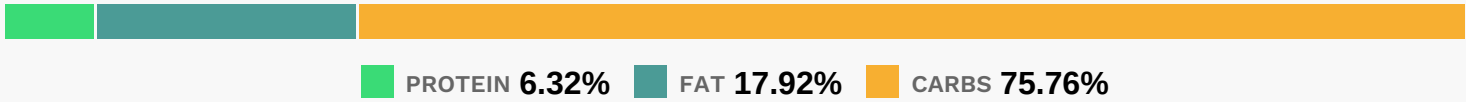
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 5 ingredients in a large bowl; toss well.
- ☐ Arrange potato mixture in a single layer on a nonstick baking sheet. Coat potato mixture lightly with cooking spray.
- ☐ Bake at 400 for 20 to 25 minutes or until potato is tender, stirring once.
- ☐ Serve immediately.
- ☐ carbo rating: 21

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:9.02, Inflammation Score:-10, Nutrition Score:8.9460869638816%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 101.94kcal (5.1%), Fat: 2.07g (3.19%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 19.71g (6.57%), Net Carbohydrates: 16.68g (6.06%), Sugar: 4.72g (5.24%), Cholesterol: 0mg (0%), Sodium: 193.24mg (8.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.29%), Vitamin A: 12059.84IU (241.2%), Manganese: 0.26mg (13.16%), Fiber: 3.03g (12.13%), Vitamin B6: 0.21mg (10.54%), Potassium: 327.48mg (9.36%), Vitamin B5: 0.71mg (7.15%), Copper: 0.14mg (7%), Magnesium: 24.11mg (6.03%), Vitamin B1: 0.08mg (5.27%), Vitamin C: 4.07mg (4.94%), Phosphorus: 48.02mg (4.8%), Folate: 14.59µg (3.65%), Vitamin B2: 0.06mg (3.49%), Vitamin E: 0.52mg (3.43%), Iron: 0.59mg (3.3%), Calcium: 32.21mg (3.22%), Vitamin K: 2.95µg (2.81%), Vitamin B3: 0.51mg (2.53%), Zinc: 0.3mg (2.02%)