



Roasted Sweet Potatoes with Bacon, Apple, and Thyme



Gluten Free



Dairy Free

READY IN



51 min.

SERVINGS



4

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 2 slices bacon
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cider vinegar
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 apples i use 2 granny smith apples cut into chunks
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 large onion cut into wedges

☐ 1 pound sweet potatoes and into cubed 1 large

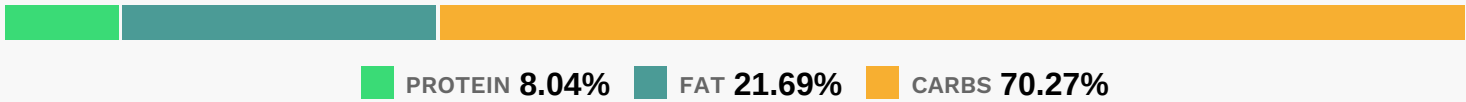
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Place bacon slices on a jelly-roll pan.
- ☐ Bake at 450 for 8 minutes or until crisp.
- ☐ Remove bacon from pan, reserving 1 tablespoon drippings. Crumble bacon, and set aside.
- ☐ . Toss potato and onion with bacon drippings, vinegar, and next 3 ingredients; spoon into pan.
- ☐ Bake at 450 for 20 minutes.
- ☐ Add apple; bake an additional 10 minutes or until tender.
- ☐ Transfer potato mixture to a large bowl. Toss with bacon.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:13.82, Inflammation Score:-10, Nutrition Score:12.273478289013%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg

Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.45mg, Quercetin: 9.45mg, Quercetin: 9.45mg, Quercetin: 9.45mg

Nutrients (% of daily need)

Calories: 185.71kcal (9.29%), Fat: 4.57g (7.03%), Saturated Fat: 1.52g (9.51%), Carbohydrates: 33.32g (11.11%), Net Carbohydrates: 27.91g (10.15%), Sugar: 11.09g (12.33%), Cholesterol: 7.26mg (2.42%), Sodium: 428.39mg (18.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Vitamin A: 1620IU (324.02%), Fiber: 5.41g (21.63%), Manganese: 0.42mg (21.18%), Vitamin B6: 0.34mg (16.82%), Potassium: 525.22mg (15.01%), Vitamin C: 10.39mg (12.6%), Copper: 0.22mg (10.75%), Vitamin B5: 1.05mg (10.51%), Magnesium: 39.09mg (9.77%), Vitamin B1: 0.14mg (9.65%), Phosphorus: 87.67mg (8.77%), Iron: 1.21mg (6.7%), Vitamin B2: 0.11mg (6.38%), Vitamin B3: 1.19mg (5.96%), Folate: 21.77µg (5.44%), Calcium: 54.27mg (5.43%), Selenium: 3.09µg (4.42%), Zinc: 0.59mg (3.93%), Vitamin K: 3.4µg (3.24%), Vitamin E: 0.43mg (2.89%)