



Roasted Sweet Potatoes with Honey Glaze

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



286 kcal

SIDE DISH

Ingredients

- 6 tablespoons butter ()
- 3 tablespoons honey
- 1 teaspoon juice of lemon fresh
- 2.3 pounds cubes red-skinned sweet potato peeled cut into 1 1/2-inch pieces (7 cups) (yams)

Equipment

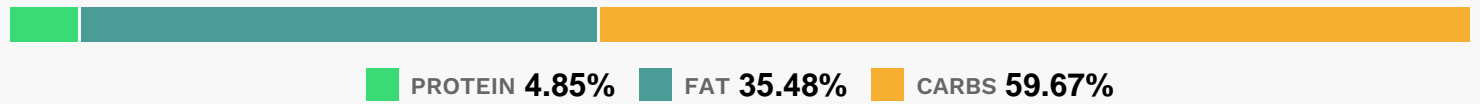
- sauce pan
- oven
- skewers

glass baking pan

Directions

- Preheat oven to 350°F. Arrange sweet potatoes in 13x9x2-inch glass baking dish. Stir butter, honey, and lemon juice in small saucepan over medium heat until butter melts.
- Pour butter mixture over sweet potatoes; toss to coat.
- Sprinkle generously with salt and pepper.
- Bake sweet potatoes until tender when pierced with skewer, stirring and turning occasionally, about 50 minutes.

Nutrition Facts



Properties

Glycemic Index:17.05, Glycemic Load:4.52, Inflammation Score:-10, Nutrition Score:16.379565092533%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 285.57kcal (14.28%), Fat: 11.61g (17.86%), Saturated Fat: 7.25g (45.34%), Carbohydrates: 43.94g (14.65%), Net Carbohydrates: 38.31g (13.93%), Sugar: 19.67g (21.86%), Cholesterol: 30.1mg (10.03%), Sodium: 151.68mg (6.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.14%), Vitamin A: 33039.18IU (660.78%), Manganese: 0.85mg (42.69%), Vitamin C: 33.71mg (40.87%), Vitamin B6: 0.49mg (24.49%), Potassium: 817.64mg (23.36%), Fiber: 5.64g (22.55%), Vitamin B5: 1.53mg (15.27%), Copper: 0.28mg (13.89%), Vitamin B3: 2.55mg (12.74%), Vitamin B1: 0.18mg (12.19%), Magnesium: 46.47mg (11.62%), Vitamin B2: 0.19mg (11.13%), Vitamin E: 1.53mg (10.22%), Phosphorus: 95.7mg (9.57%), Calcium: 68.68mg (6.87%), Iron: 1.22mg (6.78%), Vitamin K: 4.89µg (4.66%), Zinc: 0.58mg (3.87%), Folate: 11µg (2.75%)