



Roasted Sweet Potatoes With Maple Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



173 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup maple syrup
- ☐ 8 small sweet potatoes
- ☐ 0.3 stick butter unsalted

Equipment

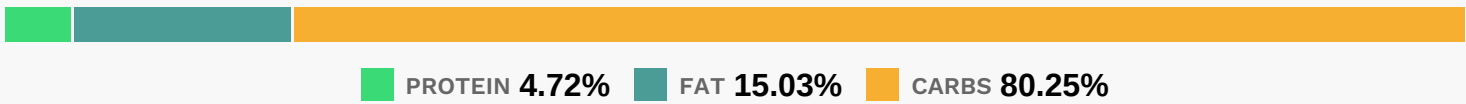
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 45
- ☐ Wash potatoes, and push a thin-bladed knife into the center of each 2–3 times.
- ☐ Place in a foil-lined pan, and roast until tender (about 1 hour).
- ☐ Heat butter in a small saucepan over medium-low heat until melted.
- ☐ Add syrup, and cook until bubbly and sticky-looking. Keep warm.
- ☐ Split each potato (use a fork for a homier appearance), drizzle with maple butter, and sprinkle with salt.

Nutrition Facts



Properties

Glycemic Index:11.81, Glycemic Load:16.21, Inflammation Score:-10, Nutrition Score:11.452608785228%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 173.34kcal (8.67%), Fat: 2.93g (4.51%), Saturated Fat: 1.84g (11.48%), Carbohydrates: 35.2g (11.73%), Net Carbohydrates: 31.3g (11.38%), Sugar: 13.48g (14.97%), Cholesterol: 7.59mg (2.53%), Sodium: 218.44mg (9.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Vitamin A: 18531.35IU (370.63%), Manganese: 0.64mg (32.22%), Fiber: 3.9g (15.6%), Vitamin B2: 0.25mg (14.76%), Vitamin B6: 0.27mg (13.59%), Potassium: 469.17mg (13.4%), Vitamin B5: 1.04mg (10.44%), Copper: 0.2mg (9.85%), Magnesium: 35.39mg (8.85%), Vitamin B1: 0.11mg (7.36%), Phosphorus: 61.95mg (6.19%), Calcium: 54.56mg (5.46%), Iron: 0.81mg (4.5%), Vitamin C: 3.12mg (3.78%), Vitamin B3: 0.74mg (3.68%), Folate: 14.41µg (3.6%), Zinc: 0.49mg (3.25%), Vitamin E: 0.42mg (2.8%), Vitamin K: 2.59µg (2.46%), Selenium: 0.82µg (1.17%)