



Roasted Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 1 medium size onion sweet coarsely chopped
- ☐ 1.5 lb sweet potatoes
- ☐ 1 medium size bell pepper yellow

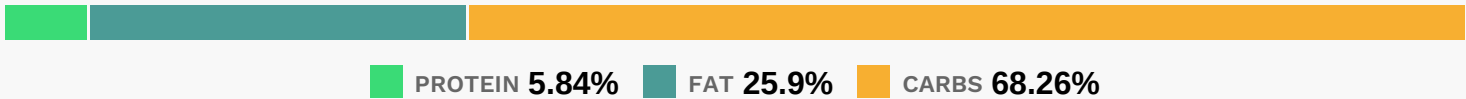
Equipment

- ☐ frying pan
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Peel sweet potatoes, and cut into 1/2-inch cubes.
- ☐ Cut yellow bell pepper into 1-inch pieces.
- ☐ Combine sweet potatoes, bell pepper, onions, and remaining ingredients in a large zip-top plastic bag; seal bag, and turn until vegetables are evenly coated.
- ☐ Remove vegetable mixture from bag, and place in a single layer in a lightly greased 11- x 15- inch jelly-roll pan.
- ☐ Bake at 450 for 30 to 35 minutes or until sweet potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:11.27, Inflammation Score:-10, Nutrition Score:13.455652122912%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg

Nutrients (% of daily need)

Calories: 162.82kcal (8.14%), Fat: 4.82g (7.41%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 24.28g (8.83%), Sugar: 7.52g (8.35%), Cholesterol: 0mg (0%), Sodium: 454.9mg (19.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.88%), Vitamin A: 16129.45IU (322.59%), Vitamin C: 41.78mg (50.64%), Manganese: 0.43mg (21.38%), Vitamin B6: 0.34mg (17.14%), Fiber: 4.28g (17.1%), Potassium: 492.52mg (14.07%), Copper: 0.23mg (11.29%), Vitamin B5: 1mg (9.97%), Magnesium: 36.05mg (9.01%), Vitamin B1: 0.12mg (7.79%), Folate: 30.35µg (7.59%), Phosphorus: 73.3mg (7.33%), Vitamin E: 0.99mg (6.58%), Iron: 0.99mg (5.51%), Calcium: 51.23mg (5.12%), Vitamin B2: 0.09mg (5.03%), Vitamin K: 5.26µg (5.01%), Vitamin B3: 0.89mg (4.43%), Zinc: 0.45mg (3.02%), Selenium: 1.03µg (1.47%)