



7%  
HEALTH SCORE

# Savory Caribbean-Inspired Sweet Potato Cakes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



53 min.

SERVINGS



4

CALORIES



235 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 teaspoon allspice
- 1 teaspoon brown sugar
- 1 teaspoon brown sugar
- 0.3 cup canola oil
- 2 cloves garlic minced
- 3 spring onion with tops, thinly sliced
- 1 jalapeno fresh seeded finely chopped

- 4 servings salt and pepper to taste
- 2 sweet potatoes and into peeled cut into 1-inch cubes

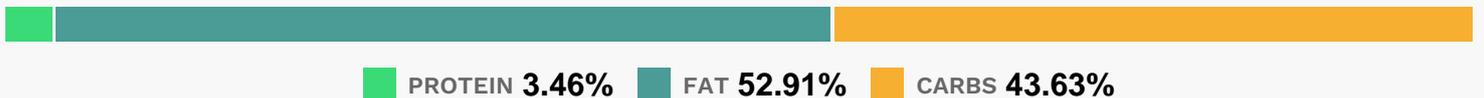
## Equipment

- frying pan
- mixing bowl

## Directions

- Place the sweet potatoes in a pan, and fill with enough water to cover. Bring to a boil, and cook until potatoes are easily pierced with fork, about 10 minutes.
- Drain, place the potatoes in a mixing bowl, and mash.
- Meanwhile, heat 1 tablespoon canola oil in a skillet over medium-high heat. Stir in the jalapeno pepper, green onions, and garlic. Cook and stir until the vegetables are soft, about 5 minutes. Stir the vegetables, brown sugar, and allspice into the mashed sweet potatoes. Season to taste with salt and pepper.
- Form the sweet potato mixture into 12 slightly flattened cakes about 2 to 2 1/2 inches in diameter using your hands or large spoons.
- Place on a plate.
- Heat 1/4 cup canola oil in a skillet over medium-high heat.
- Place the sweet potato cakes in the skillet, four at a time, and cook, turning once, until golden brown on each side, 6 to 8 minutes.
- Add more oil if needed.

## Nutrition Facts



## Properties

Glycemic Index:41.75, Glycemic Load:11.55, Inflammation Score:-10, Nutrition Score:12.351739090422%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol:

0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

## Nutrients (% of daily need)

Calories: 235kcal (11.75%), Fat: 14.1g (21.7%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 26.17g (8.72%), Net Carbohydrates: 22.39g (8.14%), Sugar: 7.03g (7.81%), Cholesterol: 0mg (0%), Sodium: 258.4mg (11.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.15%), Vitamin A: 16159.58IU (323.19%), Vitamin K: 31.32µg (29.83%), Vitamin E: 2.92mg (19.47%), Manganese: 0.34mg (16.99%), Fiber: 3.78g (15.12%), Vitamin B6: 0.28mg (13.8%), Potassium: 424.35mg (12.12%), Vitamin C: 9.07mg (11%), Vitamin B5: 0.93mg (9.33%), Copper: 0.19mg (9.3%), Magnesium: 31.3mg (7.83%), Vitamin B1: 0.1mg (6.51%), Phosphorus: 59.87mg (5.99%), Iron: 0.88mg (4.9%), Folate: 19.25µg (4.81%), Vitamin B2: 0.08mg (4.72%), Calcium: 46.12mg (4.61%), Vitamin B3: 0.74mg (3.69%), Zinc: 0.4mg (2.66%), Selenium: 0.99µg (1.41%)