



## Sea Salt Sweet Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



357 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon sea salt plus more for finishing morton®
- 0.3 teaspoon ground pepper black
- 0.3 cup maple syrup
- 0.3 cup pecans
- 2 pounds sweet potatoes peeled cut into 1-inch pieces
- 2 tablespoons vegetable oil

### Equipment

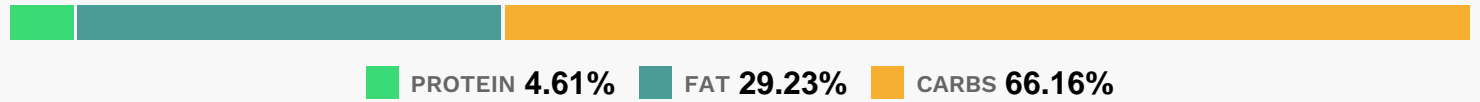
- bowl

- oven
- baking pan

## Directions

- Preheat oven to 425 degrees F and coat 9 x 13 baking pan with cooking spray.
- Mix all ingredients together in a separate bowl, except for pecans. Arrange mixture in baking pan.
- Bake for 25–30 minutes, stirring halfway through.
- Remove from oven and sprinkle with pecan pieces. Finish with a pinch of sea salt and serve.

## Nutrition Facts



## Properties

Glycemic Index:34.13, Glycemic Load:27.51, Inflammation Score:-10, Nutrition Score:18.660434505214%

## Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 356.88kcal (17.84%), Fat: 11.82g (18.19%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 60.22g (20.07%), Net Carbohydrates: 52.73g (19.17%), Sugar: 21.81g (24.23%), Cholesterol: 0mg (0%), Sodium: 417.26mg (18.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.4%), Vitamin A: 32180.07IU (643.6%), Manganese: 1.37mg (68.56%), Fiber: 7.49g (29.96%), Vitamin B6: 0.49mg (24.43%), Potassium: 839.24mg (23.98%), Vitamin B2: 0.4mg (23.71%), Copper: 0.43mg (21.3%), Vitamin B5: 1.87mg (18.75%), Magnesium: 69.39mg (17.35%), Vitamin K: 17.03µg (16.22%), Vitamin B1: 0.24mg (15.69%), Phosphorus: 125.66mg (12.57%), Calcium: 95.48mg (9.55%), Iron: 1.59mg (8.86%), Vitamin E: 1.24mg (8.28%), Zinc: 1.13mg (7.55%), Vitamin B3: 1.36mg (6.8%), Vitamin C: 5.52mg (6.69%), Folate: 26.47µg (6.62%), Selenium: 1.63µg (2.32%)