



Soy-Glazed Sweet Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



232 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons brown sugar
- 1 tablespoon sesame oil dark
- 4 garlic cloves minced
- 3 tablespoons soya sauce low-sodium
- 2 tablespoons mirin sweet (rice wine)
- 1 tablespoon sesame seed toasted
- 3 sweet potatoes cut lengthwise into 4 wedges (2 pounds)
- 0.3 cup water

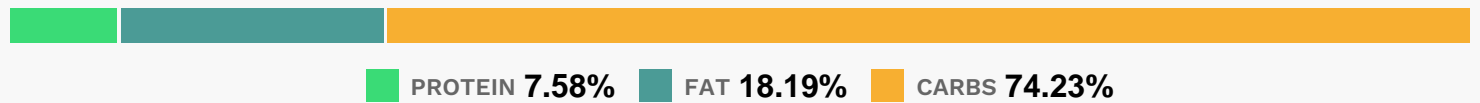
Equipment

- oven
- whisk
- baking pan

Directions

- Preheat oven to 40
- Combine first 6 ingredients; stir well with a whisk. Arrange potatoes in a single layer in a 13 x 9-inch baking dish.
- Pour soy sauce mixture over potatoes. Cover and bake at 400 for 50 minutes or until tender; baste with the soy sauce mixture.
- Bake, uncovered, an additional 10 minutes or until liquid is absorbed.
- Sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:17.19, Inflammation Score:-10, Nutrition Score:13.93739140552%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 232.33kcal (11.62%), Fat: 4.63g (7.12%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 42.5g (14.17%), Net Carbohydrates: 37.03g (13.47%), Sugar: 13g (14.45%), Cholesterol: 0mg (0%), Sodium: 528.52mg (22.98%), Alcohol: 1.21g (100%), Alcohol %: 0.7% (100%), Protein: 4.34g (8.67%), Vitamin A: 24047.41IU (480.95%), Manganese: 0.59mg (29.57%), Fiber: 5.47g (21.87%), Vitamin B6: 0.43mg (21.45%), Potassium: 644.7mg (18.42%), Copper: 0.36mg (17.91%), Magnesium: 59.56mg (14.89%), Vitamin B5: 1.42mg (14.21%), Phosphorus: 117.44mg (11.74%), Vitamin B1: 0.16mg (10.59%), Iron: 1.59mg (8.82%), Calcium: 85.18mg (8.52%), Vitamin B2: 0.14mg (8.26%), Folate: 26.01µg

(6.5%), Vitamin C: 5mg (6.07%), Vitamin B3: 1.2mg (5.99%), Zinc: 0.8mg (5.32%), Vitamin E: 0.55mg (3.64%),
Vitamin K: 3.58µg (3.41%), Selenium: 2.37µg (3.38%)