



WHATSHEATE

Spicy Glazed Sweet Potatoes and Pineapples



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon
- ☐ 0.3 cup brown sugar
- ☐ 1 teaspoon cayenne pepper
- ☐ 2 tablespoons ground cinnamon
- ☐ 16 ounce pineapple chunks with juice reserved drained canned
- ☐ 0.5 cup sugar
- ☐ 3 large sweet potatoes peeled cut into 1-inch pieces
- ☐ 12 servings water as needed

Equipment

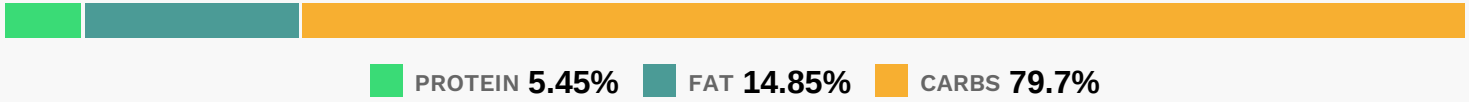
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ casserole dish
- ☐ broiler
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place the sweet potatoes in a saucepan with enough water to cover.
- ☐ Add 2 tablespoons cinnamon; bring to a boil; cook 7 to 10 minutes; drain.
- ☐ Mix together the 1/2 cup brown sugar and cayenne pepper in a small bowl. Lie the bacon slices in a baking dish.
- ☐ Sprinkle the brown sugar mix over the bacon.
- ☐ Cook the bacon in the oven until the bacon is crispy, about 10 minutes.
- ☐ Place the bacon on a plate lined with paper towels to drain, reserving the liquid from the dish. Change oven setting to Broil.
- ☐ Pour the reserved pineapple juice into a measuring cup. Fill the cup with water to measure 1 cup total.
- ☐ Pour the mixture into a skillet and place over medium heat. Stir in the sugar, 1/4 cup brown sugar, and 2 teaspoons cinnamon. Cook until the volume of the liquid has reduced to about half.
- ☐ Add the pineapple and drained sweet potatoes. Cook and stir until most of the liquid is absorbed.

- ☐
- Transfer the mixture to a round 2-quart casserole dish. Crumble the drained bacon over top of the dish.
- ☐
- Pour the reserved liquid from the bacon dish over top of the dish.
- ☐
- Place the dish under the broiler until the sugar on top caramelizes, 2 to 3 minutes.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:14.29, Inflammation Score:-10, Nutrition Score:10.452173930795%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 179.68kcal (8.98%), Fat: 3.07g (4.72%), Saturated Fat: 1g (6.27%), Carbohydrates: 37.04g (12.35%), Net Carbohydrates: 33.25g (12.09%), Sugar: 21.75g (24.17%), Cholesterol: 4.84mg (1.61%), Sodium: 109.05mg (4.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Vitamin A: 12153.85IU (243.08%), Manganese: 0.46mg (22.98%), Fiber: 3.79g (15.18%), Vitamin B6: 0.23mg (11.68%), Copper: 0.22mg (10.88%), Potassium: 363.21mg (10.38%), Vitamin B1: 0.13mg (8.4%), Magnesium: 31.63mg (7.91%), Vitamin B5: 0.73mg (7.32%), Vitamin C: 5.77mg (7%), Calcium: 56.51mg (5.65%), Phosphorus: 54.68mg (5.47%), Vitamin B3: 0.91mg (4.57%), Iron: 0.81mg (4.53%), Vitamin B2: 0.07mg (4.08%), Selenium: 2.3µg (3.28%), Folate: 11.54µg (2.89%), Zinc: 0.43mg (2.89%), Vitamin E: 0.34mg (2.27%), Vitamin K: 2.34µg (2.23%)