

 5%
HEALTH SCORE

Spicy Glazed Sweet Potatoes and Pineapples

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



12

CALORIES



197 kcal

SIDE DISH

Ingredients

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

- 12 servings water as needed

Equipment

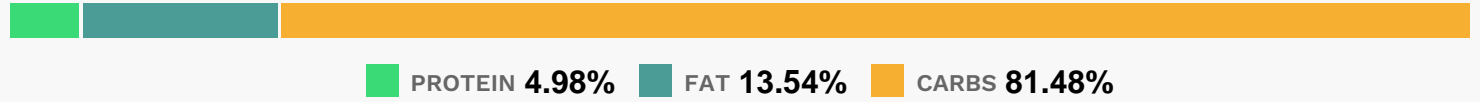
- bowl
- frying pan
- paper towels
- sauce pan
- oven
- baking pan
- casserole dish
- broiler
- measuring cup

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:10.512173915039%

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

Nutrients (% of daily need)

Calories: 197.1kcal (9.85%), Fat: 3.07g (4.72%), Saturated Fat: 1g (6.27%), Carbohydrates: 41.54g (13.85%), Net Carbohydrates: 37.74g (13.73%), Sugar: 26.2g (29.11%), Cholesterol: 4.84mg (1.61%), Sodium: 110.34mg (4.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.07%), Vitamin A: 12153.85IU (243.08%), Manganese: 0.46mg (23.13%), Fiber: 3.79g (15.18%), Vitamin B6: 0.24mg (11.77%), Copper: 0.22mg (10.99%), Potassium: 369.3mg (10.55%), Vitamin B1: 0.13mg (8.4%), Magnesium: 32.04mg (8.01%), Vitamin B5: 0.74mg (7.38%), Vitamin C: 5.77mg (7%), Calcium: 60.31mg (6.03%), Phosphorus: 54.86mg (5.49%), Iron: 0.85mg (4.71%), Vitamin B3: 0.92mg (4.59%), Vitamin B2: 0.07mg (4.08%), Selenium: 2.35µg (3.36%), Zinc: 0.44mg (2.9%), Folate: 11.59µg (2.9%), Vitamin E: 0.34mg (2.27%), Vitamin K: 2.34µg (2.23%)