



Spicy Sweet Potato Casserole

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



193 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon ground chipotle powder
- 4 cloves garlic minced
- 0.5 teaspoon ground pepper black
- 0.8 cup heavy cream
- 2 teaspoons kosher salt
- 1 tablespoon olive oil
- 1 tablespoon oregano fresh chopped
- 2 medium sweet potatoes sliced

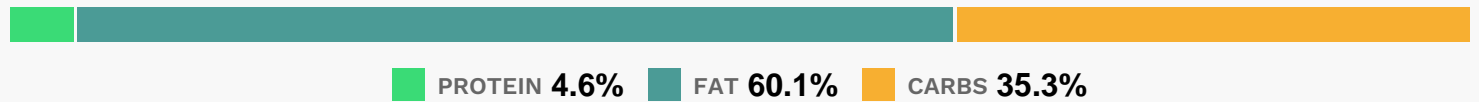
Equipment

- oven
- mixing bowl
- aluminum foil
- glass baking pan

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- In a large mixing bowl, toss the sweet potatoes with the olive oil, oregano, salt, pepper, chipotle powder and garlic until the potatoes are evenly coated. Arrange the sweet potatoes in a 9 1/2-inch round glass baking dish, arranging in overlapping, concentric circles, until the dish is filled. Cover with foil and bake until tender, about 30 minutes.
- Remove the foil and add the cream. Return the casserole to the oven and continue baking, uncovered, until golden with crisp edges another 20 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:7.7, Inflammation Score:-10, Nutrition Score:9.8160869479179%

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: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 192.64kcal (9.63%), Fat: 13.19g (20.29%), Saturated Fat: 7.2g (44.99%), Carbohydrates: 17.43g (5.81%), Net Carbohydrates: 14.67g (5.34%), Sugar: 4.08g (4.54%), Cholesterol: 33.62mg (11.21%), Sodium: 827.99mg (36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.54%), Vitamin A: 11189.55IU (223.79%), Manganese:

0.3mg (14.79%), Fiber: 2.76g (11.03%), Vitamin B6: 0.21mg (10.27%), Vitamin K: 9.38µg (8.93%), Potassium: 306.3mg (8.75%), Vitamin B5: 0.7mg (7.02%), Vitamin E: 1.02mg (6.83%), Copper: 0.13mg (6.64%), Vitamin B2: 0.11mg (6.49%), Calcium: 60.96mg (6.1%), Magnesium: 24.22mg (6.05%), Phosphorus: 57.72mg (5.77%), Iron: 0.89mg (4.97%), Vitamin B1: 0.07mg (4.72%), Vitamin C: 2.63mg (3.19%), Vitamin D: 0.48µg (3.17%), Folate: 11.59µg (2.9%), Vitamin B3: 0.51mg (2.56%), Selenium: 1.71µg (2.44%), Zinc: 0.35mg (2.36%)