



24%  
HEALTH SCORE

## Spicy Sweet Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



164 kcal

SIDE DISH

### Ingredients

- 3 large sweet potatoes and into peeled cut into 1-inch cubes ( 6 cups)
- 2 tablespoons olive oil
- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 1 teaspoon chili powder
- 0.5 teaspoon salt
- 0.3 teaspoon ground pepper

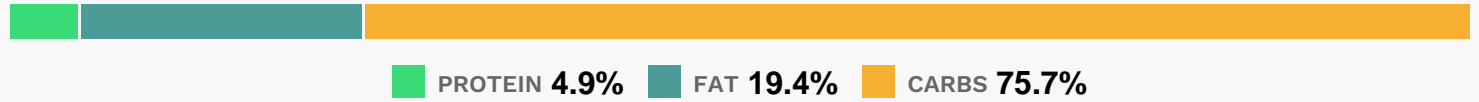
### Equipment

- oven
- baking pan
- ziploc bags

## Directions

- In a large resealable plastic bag, combine sweet potatoes and oil.
- Add remaining ingredients; toss to coat.
- Transfer to a greased 11x7-in. baking dish.
- Bake, uncovered, at 400° for 40–45 minutes or until potatoes are tender, stirring every 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:11.25, Glycemic Load:12.67, Inflammation Score:-10, Nutrition Score:10.448260908541%

## 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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 164.29kcal (8.21%), Fat: 3.61g (5.55%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 31.7g (10.57%), Net Carbohydrates: 27.77g (10.1%), Sugar: 11.17g (12.42%), Cholesterol: 0mg (0%), Sodium: 221.34mg (9.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Vitamin A: 18188.56IU (363.77%), Manganese: 0.34mg (16.93%), Fiber: 3.93g (15.72%), Vitamin B6: 0.28mg (13.79%), Potassium: 443.85mg (12.68%), Vitamin B5: 1.03mg (10.3%), Copper: 0.2mg (9.91%), Magnesium: 32.89mg (8.22%), Vitamin B1: 0.1mg (6.69%), Vitamin E: 0.95mg (6.33%), Phosphorus: 61.1mg (6.11%), Iron: 0.89mg (4.94%), Vitamin B2: 0.08mg (4.75%), Vitamin K: 4.72µg (4.49%), Calcium: 44.27mg (4.43%), Vitamin C: 3.11mg (3.77%), Vitamin B3: 0.75mg (3.76%), Folate: 14.22µg (3.56%), Zinc: 0.4mg (2.65%), Selenium: 0.89µg (1.28%)