



## Spicy Sweet Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



404 kcal

SIDE DISH

### Ingredients

- 2 tablespoons brown sugar
- 1 teaspoon cajun pepper seasoning
- 1 pinch kosher salt
- 6 tablespoons olive oil
- 4 sweet potatoes cubed peeled

### Equipment

- oven
- baking pan

ziploc bags

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Place sweet potatoes, olive oil, brown sugar, Cajun seasoning, and salt in a large resealable plastic bag; shake to coat potatoes evenly.
- Transfer mixture to a baking dish.
- Bake in preheated oven, stirring occasionally, until sweet potatoes are tender, about 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:18.25, Glycemic Load:22.46, Inflammation Score:-10, Nutrition Score:16.067391198614%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 404.21kcal (20.21%), Fat: 21.18g (32.58%), Saturated Fat: 2.95g (18.43%), Carbohydrates: 51.63g (17.21%), Net Carbohydrates: 44.67g (16.24%), Sugar: 15.32g (17.02%), Cholesterol: 0mg (0%), Sodium: 136.43mg (5.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.25%), Vitamin A: 32308.89IU (646.18%), Manganese: 0.59mg (29.74%), Fiber: 6.95g (27.82%), Vitamin E: 3.76mg (25.05%), Vitamin B6: 0.49mg (24.28%), Potassium: 781.21mg (22.32%), Vitamin B5: 1.83mg (18.28%), Copper: 0.35mg (17.38%), Vitamin K: 17.11µg (16.3%), Magnesium: 57.93mg (14.48%), Vitamin B1: 0.18mg (11.86%), Phosphorus: 108.03mg (10.8%), Iron: 1.64mg (9.14%), Vitamin B2: 0.14mg (8.47%), Calcium: 74.14mg (7.41%), Vitamin C: 5.43mg (6.58%), Vitamin B3: 1.32mg (6.58%), Folate: 25.17µg (6.29%), Zinc: 0.7mg (4.68%), Selenium: 1.46µg (2.09%)