



## Sweet and Spicy Sweet Potatoes



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

### Ingredients

- ☐ 2 teaspoons brown sugar packed
- ☐ 1 pinch cayenne pepper
- ☐ 0.5 teaspoon chili powder
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper black
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon onion powder
- ☐ 1.5 tablespoons paprika

- ☐ 0.5 teaspoon poultry seasoning
- ☐ 2 large sweet potatoes cubed peeled

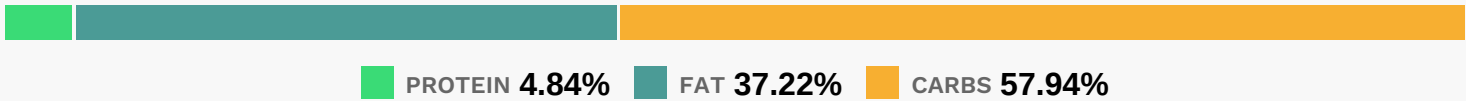
## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ spatula

## Directions

- ☐ Preheat an oven to 425 degrees F (220 degrees C).
- ☐ Place the sweet potato chunks into a large mixing bowl.
- ☐ Drizzle with the olive oil, then sprinkle the brown sugar, paprika, black pepper, onion powder, garlic powder, poultry seasoning, chili powder, and cayenne pepper ovetop. Toss until the potatoes are evenly coated with the seasoning.
- ☐ Spread onto a baking sheet.
- ☐ Bake in the preheated oven for 15 minutes, then turn the potatoes over with a spatula, and continue baking until the sweet potatoes are golden and tender, 10 to 15 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:35.5, Glycemic Load:17, Inflammation Score:-10, Nutrition Score:14.473913140919%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 258.3kcal (12.91%), Fat: 11g (16.92%), Saturated Fat: 1.56g (9.72%), Carbohydrates: 38.52g (12.84%), Net Carbohydrates: 32.24g (11.72%), Sugar: 9.37g (10.41%), Cholesterol: 0mg (0%), Sodium: 100.69mg (4.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.43%), Vitamin A: 25503.29IU (510.07%), Manganese: 0.54mg (27.12%), Fiber: 6.27g (25.09%), Vitamin B6: 0.43mg (21.51%), Vitamin E: 2.83mg (18.87%), Potassium: 652.86mg (18.65%), Copper: 0.29mg (14.39%), Vitamin B5: 1.44mg (14.39%), Vitamin K: 14.21µg (13.53%), Magnesium: 49.32mg (12.33%), Iron: 1.85mg (10.3%), Vitamin B1: 0.15mg (9.71%), Phosphorus: 92.23mg (9.22%), Vitamin B2: 0.14mg (8.25%), Calcium: 64.49mg (6.45%), Vitamin B3: 1.26mg (6.29%), Folate: 20.83µg (5.21%), Vitamin C: 4.22mg (5.11%), Zinc: 0.67mg (4.45%), Selenium: 1.42µg (2.03%)