



Sweet Potato and Carrot Tzimmes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup brown sugar packed
- ☐ 1 cup carrots ()
- ☐ 0.3 cup cranberry juice cocktail
- ☐ 0.5 cup apricots dried cut into 1/4-inch strips
- ☐ 0.5 cup ginger ale
- ☐ 0.3 cup golden raisins
- ☐ 2 tablespoons orange juice fresh

- ☐ 0.3 teaspoon salt
- ☐ 2 pounds sweet potatoes and into peeled cut into 2-inch wedges
- ☐ 3 tablespoons vegetable oil

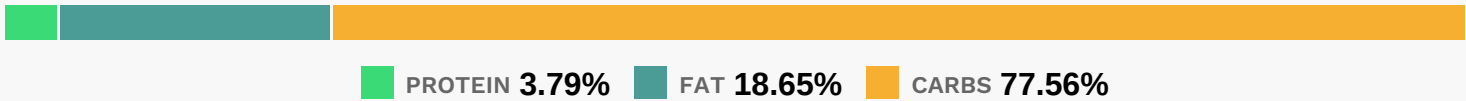
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Place carrot and potato in a 13 x 9-inch baking dish.
- ☐ Drizzle with oil, and toss well.
- ☐ Sprinkle apricots, sugar, raisins, salt, and pepper over potato mixture; toss to combine.
- ☐ Combine ginger ale and juices; drizzle over potato mixture.
- ☐ Bake, covered, at 350 for 1 hour and 15 minutes or until potato is tender, stirring once after 45 minutes. Uncover; bake an additional 15 minutes or until liquid is slightly thick.

Nutrition Facts



Properties

Glycemic Index:40.19, Glycemic Load:13.52, Inflammation Score:-10, Nutrition Score:10.582608668701%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 196.83kcal (9.84%), Fat: 4.22g (6.49%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 39.49g (13.16%), Net Carbohydrates: 35.78g (13.01%), Sugar: 22.77g (25.3%), Cholesterol: 0mg (0%), Sodium: 122.03mg (5.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin A: 15250.44IU (305.01%), Fiber: 3.72g (14.88%), Manganese: 0.3mg (14.87%), Potassium: 472.23mg (13.49%), Vitamin B6: 0.23mg (11.71%), Vitamin K: 11.3µg (10.76%), Copper: 0.19mg (9.42%), Vitamin C: 7.49mg (9.08%), Vitamin B5: 0.82mg (8.24%), Magnesium: 29.2mg (7.3%), Vitamin E: 0.96mg (6.37%), Phosphorus: 57.06mg (5.71%), Vitamin B1: 0.08mg (5.57%), Iron: 0.95mg (5.27%), Calcium: 47.24mg (4.72%), Vitamin B2: 0.08mg (4.45%), Vitamin B3: 0.87mg (4.35%), Folate: 14.31µg (3.58%), Zinc: 0.35mg (2.36%), Selenium: 0.89µg (1.27%)