



Sweet Potato Squares With Lemon-Garlic Mayonnaise



Gluten Free



Dairy Free

READY IN



38 min.

SERVINGS



30

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 servings lemon-garlic mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.5 pound spicy sausage smoked cut into 32 (1/2-inch) pieces
- ☐ 2 pounds sweet potatoes peeled cut into 32 (1-inch) cubes
- ☐ 30 servings garnish: thyme sprigs fresh

- ☐ 32 wooden picks
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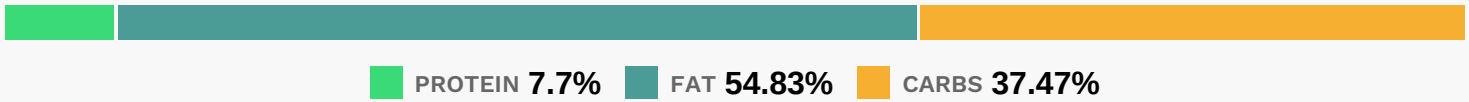
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Place sweet potato cubes on a lightly greased 15- x 10-inch jelly-roll pan.
- ☐ Drizzle potatoes with 2 Tbsp. oil, and sprinkle with pepper and salt. Toss to coat.
- ☐ Bake at 450 for 15 to 20 minutes, turning cubes twice.
- ☐ Cook sausage in a large nonstick skillet over medium-high heat 3 to 4 minutes on each side or until browned.
- ☐ Drain on paper towels.
- ☐ Place 1 sausage slice on top of 1 sweet potato cube; secure with a wooden pick. Repeat with remaining sausage slices and potato cubes.
- ☐ Serve with Lemon-Garlic Mayonnaise.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:3.05, Inflammation Score:-10, Nutrition Score:5.9739131072293%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 76.77kcal (3.84%), Fat: 4.57g (7.04%), Saturated Fat: 1.1g (6.89%), Carbohydrates: 7.03g (2.34%), Net Carbohydrates: 5.98g (2.17%), Sugar: 1.26g (1.4%), Cholesterol: 6.7mg (2.23%), Sodium: 137.57mg (5.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.89%), Vitamin A: 4337.77IU (86.76%), Manganese: 0.1mg (5.12%), Fiber: 1.06g (4.22%), Vitamin B6: 0.08mg (3.98%), Potassium: 122.74mg (3.51%), Vitamin B1: 0.04mg (2.92%), Vitamin C: 2.33mg (2.82%), Copper: 0.06mg (2.81%), Vitamin B5: 0.28mg (2.8%), Magnesium: 10.12mg (2.53%), Iron: 0.44mg (2.46%), Phosphorus: 23.41mg (2.34%), Vitamin B3: 0.43mg (2.16%), Vitamin B2: 0.04mg (2.12%), Vitamin B12: 0.11µg (1.9%), Zinc: 0.27mg (1.79%), Selenium: 1.17µg (1.68%), Vitamin E: 0.21mg (1.42%), Calcium: 13.82mg (1.38%), Vitamin K: 1.16µg (1.11%), Folate: 4.08µg (1.02%)