



Sweet Potatoes Anna

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



354 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon kosher salt as needed plus more
- 0.3 cup brown sugar light packed
- 2 tablespoons maple syrup
- 0.5 teaspoon orange zest packed finely grated (from half of a large orange)
- 2 pounds sweet potatoes and into (3 large)
- 4 tablespoons butter unsalted plus more for coating the dish ()
- 3 ounces walnut halves finely chopped

Equipment

- bowl
- sauce pan
- oven
- knife
- baking pan
- aluminum foil
- mandoline

Directions

- Heat the oven to 425°F and arrange a rack in the middle. Coat an 8-by-8-inch baking dish with butter; set aside.
- Place the walnuts and brown sugar in a small bowl and stir until combined; set aside. Peel the sweet potatoes. Using a mandoline or a very sharp knife, slice into even 1/8-inch-thick rounds; set aside.
- Place the remaining ingredients in a large saucepan over medium-low heat, stirring until the butter has melted and the mixture is combined.
- Remove from heat, add the sweet potato slices, and stir until evenly coated. Taste a sweet potato and add more salt and pepper as needed.
- Place half of the potato slices in an even layer in the prepared dish, overlapping as needed.
- Sprinkle with half of the walnut-brown sugar mixture.
- Place the remaining sweet potato slices in the dish, along with any remaining juices from the saucepan.
- Sprinkle with the remaining walnut-brown sugar mixture. Cover with aluminum foil and bake for 20 minutes.
- Remove the foil, rotate the dish, and cook until the top is browned and the sweet potatoes are tender when pierced with a fork, about 20 to 25 minutes more.

Nutrition Facts



■ PROTEIN 5.05% ■ FAT 41.49% ■ CARBS 53.46%

Properties

Glycemic Index:19.92, Glycemic Load:16.85, Inflammation Score:-10, Nutrition Score:15.295652127784%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg 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: 0.02mg, 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: 354.46kcal (17.72%), Fat: 16.89g (25.98%), Saturated Fat: 5.69g (35.57%), Carbohydrates: 48.96g (16.32%), Net Carbohydrates: 43.41g (15.79%), Sugar: 22.55g (25.05%), Cholesterol: 20.07mg (6.69%), Sodium: 282.29mg (12.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.26%), Vitamin A: 21687.4IU (433.75%), Manganese: 1.05mg (52.53%), Copper: 0.46mg (23.08%), Fiber: 5.55g (22.19%), Vitamin B6: 0.4mg (19.89%), Potassium: 606.29mg (17.32%), Magnesium: 62.97mg (15.74%), Vitamin B5: 1.32mg (13.18%), Phosphorus: 122.92mg (12.29%), Vitamin B2: 0.2mg (11.85%), Vitamin B1: 0.17mg (11.42%), Calcium: 80.12mg (8.01%), Iron: 1.44mg (8%), Folate: 30.98µg (7.75%), Zinc: 0.95mg (6.35%), Vitamin B3: 1.03mg (5.13%), Vitamin C: 4.04mg (4.9%), Vitamin E: 0.71mg (4.74%), Vitamin K: 3.78µg (3.6%), Selenium: 1.85µg (2.64%)