



Sweet Potatoes Anna

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



401 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
- 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 4.48% ■ FAT 36.68% ■ CARBS 58.84%

Properties

Glycemic Index:19.92, Glycemic Load:16.85, Inflammation Score:-10, Nutrition Score:15.457826093487%

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: 400.91kcal (20.05%), Fat: 16.89g (25.98%), Saturated Fat: 5.69g (35.57%), Carbohydrates: 60.95g (20.32%), Net Carbohydrates: 55.4g (20.15%), Sugar: 34.4g (38.23%), Cholesterol: 20.07mg (6.69%), Sodium: 285.72mg (12.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.29%), Vitamin A: 21687.4IU (433.75%), Manganese: 1.06mg (52.92%), Copper: 0.47mg (23.36%), Fiber: 5.55g (22.19%), Vitamin B6: 0.4mg (20.14%), Potassium: 622.55mg (17.79%), Magnesium: 64.07mg (16.02%), Vitamin B5: 1.33mg (13.34%), Phosphorus: 123.41mg (12.34%), Vitamin B2: 0.2mg (11.85%), Vitamin B1: 0.17mg (11.42%), Calcium: 90.27mg (9.03%), Iron: 1.53mg (8.49%), Folate: 31.1µg (7.78%), Zinc: 0.96mg (6.38%), Vitamin B3: 1.04mg (5.2%), Vitamin C: 4.04mg (4.9%), Vitamin E: 0.71mg (4.74%), Vitamin K: 3.78µg (3.6%), Selenium: 1.99µg (2.85%)