



Sweet Potatoes Anna with Spiced Ghee

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



811 kcal

SIDE DISH

Ingredients

- 0.8 lb butter
- 6 cardamom pods
- 2 cinnamon sticks
- 0.5 tsp cumin seeds
- 0.5 tsp fenugreek seeds
- 0.8 cup ghee (available here)
- 0.5 tsp turmeric
- 1 tsp coriander seeds whole

- 3 pounds sweet potatoes and into paper-thin sliced

Equipment

- bowl
- frying pan
- baking paper
- oven
- sieve

Directions

- Heat the oven to 400 F. Peel the sweet potatoes and slice them no thicker than 1/16-inch thick using a mandolin (this is the one I use).
- Brush a 10-inch cast iron skillet with spiced ghee. Arrange the slices of sweet potato in overlapping concentric circles in a single layer on the bottom of the skillet.
- Brush them with melted ghee, and continue layering the remaining sweet potatoes in overlapping circles, brushing each layer with ghee, until you've exhausted all the sweet potato.
- Drizzle the remaining ghee over the sweet potatoes. Cover the sweet potatoes with a piece of parchment paper just large enough to overlap the edges of the skillet by about 1 inch.
- Place another cast iron skillet or heavy, oven-proof dish on the parchment paper to press down the sweet potatoes and promote even cooking.
- Bake for 40 minutes, then remove the weight and the parchment paper, and bake a further 5 minutes or until the sweet potatoes become tender and yield completely when pierced by a fork.
- Cut into wedges and serve warm. If you wish to prepare your own spiced ghee instead of purchasing traditional Niter Kibbeh (available here), simply begin by placing the butter in a wide stainless steel skillet over low heat. Toss in the spices. As the butter melts, it will release a fine foam. Skim off the foam and discard it. Continue melting the butter until it releases all its foam, about 30 minutes, and the remaining milk solids settle to the bottom of the pan.
- Place a fine mesh strainer over a bowl, and line the strainer with butter muslin (available here) and pour the melted butter through the muslin-lined strainer.
- Transfer the the spiced ghee to individual jars and store at room temperature in a dark cupboard for up to 1 year.

Nutrition Facts

PROTEIN 2.18% FAT 74.47% CARBS 23.35%

Properties

Glycemic Index:21.33, Glycemic Load:22.6, Inflammation Score:-10, Nutrition Score:17.959130478942%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg 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: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 810.97kcal (40.55%), Fat: 68.76g (105.78%), Saturated Fat: 43.15g (269.66%), Carbohydrates: 48.52g (16.17%), Net Carbohydrates: 40.27g (14.65%), Sugar: 9.55g (10.61%), Cholesterol: 179.5mg (59.83%), Sodium: 490.91mg (21.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.04%), Vitamin A: 33598.33IU (671.97%), Manganese: 1.38mg (68.93%), Fiber: 8.24g (32.97%), Vitamin B6: 0.49mg (24.4%), Potassium: 819.25mg (23.41%), Vitamin B5: 1.88mg (18.81%), Copper: 0.36mg (18.15%), Magnesium: 65.69mg (16.42%), Vitamin E: 1.94mg (12.96%), Phosphorus: 128.01mg (12.8%), Vitamin B1: 0.19mg (12.47%), Iron: 2.12mg (11.75%), Calcium: 105.63mg (10.56%), Vitamin B2: 0.16mg (9.69%), Vitamin K: 8.45µg (8.05%), Vitamin C: 6.04mg (7.32%), Vitamin B3: 1.35mg (6.77%), Folate: 26.98µg (6.75%), Zinc: 0.94mg (6.27%), Selenium: 2.08µg (2.97%), Vitamin B12: 0.1µg (1.61%)