



Sweet Potatoes Glazed with Molasses, Pecans and Bourbon

 Vegetarian or type unknown

READY IN

ready or type unknown

35 min.

SERVINGS

servings or type unknown

8

CALORIES

calories or type unknown

678 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup bourbon
- ☐ 1 pinch cayenne pepper
- ☐ 0.5 cup brown sugar light
- ☐ 0.8 cup blackstrap molasses
- ☐ 0.8 cup pecans toasted chopped
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 8 large sweet potatoes cooked cut into 2-inch dice

☐ 1 stick butter unsalted quartered

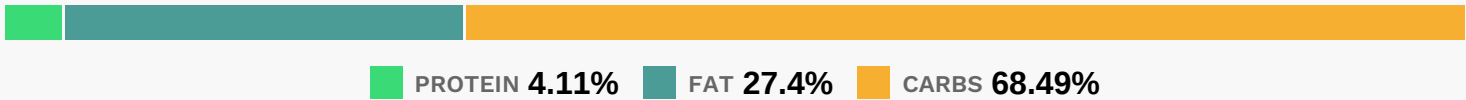
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Combine the butter, molasses, brown sugar and cayenne in a medium saucepan and cook over medium heat until smooth, about 5 minutes. Increase the heat to high, add the bourbon and cook for 2 minutes to allow alcohol to burn out. Season with salt and pepper.
- ☐ Put the potatoes in a large baking dish, pour the molasses mixture over and toss to coat. Roast in the oven, stirring a few times, until the potatoes are cooked through and glazed, about 20 minutes.
- ☐ Remove to a platter and top with the pecans.
- ☐ Alternatively, this can be done in a large saute pan: Melt the butter, molasses, brown sugar and cayenne over medium heat.
- ☐ Add the bourbon and let the alcohol cook out.
- ☐ Add the potatoes and cook until glazed over medium-high heat.
- ☐ Transfer to a platter and top with the pecans.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:44.2, Inflammation Score:-10, Nutrition Score:26.873043725024%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 677.75kcal (33.89%), Fat: 19.02g (29.26%), Saturated Fat: 7.96g (49.72%), Carbohydrates: 107g (35.67%), Net Carbohydrates: 95.79g (34.83%), Sugar: 51.57g (57.3%), Cholesterol: 30.37mg (10.12%), Sodium: 204.42mg (8.89%), Alcohol: 10.02g (100%), Alcohol %: 2.89% (100%), Protein: 6.42g (12.85%), Vitamin A: 48600.26IU (972.01%), Manganese: 1.85mg (92.41%), Potassium: 1672.82mg (47.79%), Vitamin B6: 0.95mg (47.53%), Fiber: 11.21g (44.84%), Magnesium: 175.53mg (43.88%), Copper: 0.81mg (40.31%), Vitamin B5: 3.1mg (30.97%), Vitamin B1: 0.35mg (23.22%), Iron: 3.95mg (21.93%), Phosphorus: 203.23mg (20.32%), Calcium: 189.18mg (18.92%), Vitamin B2: 0.23mg (13.39%), Selenium: 8.36µg (11.95%), Vitamin B3: 2.33mg (11.67%), Zinc: 1.6mg (10.7%), Folate: 40.24µg (10.06%), Vitamin C: 8.28mg (10.04%), Vitamin E: 1.36mg (9.06%), Vitamin K: 7.64µg (7.28%), Vitamin D: 0.21µg (1.41%)