






 **16%**
HEALTH SCORE

Sweet Potatoes Glazed with Molasses, Pecans and Bourbon

 Vegetarian

READY IN

35 min.

SERVINGS

8

CALORIES

730 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup bourbon
- 1 pinch ground pepper
- 0.5 cup brown sugar light
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- 0.8 cup blackstrap molasses
- 0.8 cup pecans toasted chopped
- 8 servings pepper black freshly ground

- 8 large sweet potatoes and into cooked cut into 2-inch dice
- 1 stick butter unsalted quartered

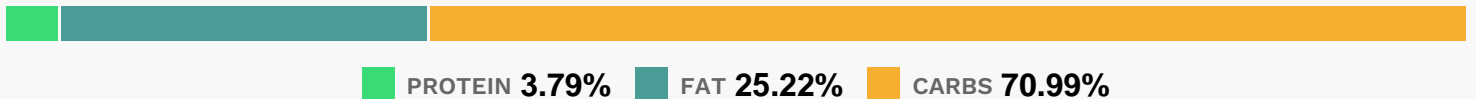
Equipment

- 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:27.055217122254%

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: 730kcal (36.5%), Fat: 19.02g (29.26%), Saturated Fat: 7.96g (49.72%), Carbohydrates: 120.49g (40.16%), Net Carbohydrates: 109.28g (39.74%), Sugar: 64.9g (72.12%), Cholesterol: 30.37mg (10.12%), Sodium: 208.27mg (9.06%), Alcohol: 10.02g (100%), Alcohol %: 2.8% (100%), Protein: 6.44g (12.88%), Vitamin A: 48600.26IU (972.01%), Manganese: 1.86mg (92.85%), Potassium: 1691.11mg (48.32%), Vitamin B6: 0.96mg (47.82%), Fiber: 11.21g (44.84%), Magnesium: 176.77mg (44.19%), Copper: 0.81mg (40.64%), Vitamin B5: 3.12mg (31.15%), Vitamin B1: 0.35mg (23.22%), Iron: 4.04mg (22.47%), Phosphorus: 203.78mg (20.38%), Calcium: 200.6mg (20.06%), Vitamin B2: 0.23mg (13.39%), Selenium: 8.53µg (12.18%), Vitamin B3: 2.35mg (11.75%), Zinc: 1.61mg (10.73%), Folate: 40.38µg (10.09%), Vitamin C: 8.28mg (10.04%), Vitamin E: 1.36mg (9.06%), Vitamin K: 7.64µg (7.28%), Vitamin D: 0.21µg (1.41%)