



Sweet Potatoes with Ancho Chile Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



623 kcal

SIDE DISH

Ingredients

- 1 tablespoon ancho chile powder toasted
- 4 ounces apple cider
- 0.5 cup firmly brown sugar packed
- 4 ounces butter softened
- 9 ounces butter melted
- 2 teaspoons cinnamon
- 0.5 teaspoon ginger
- 0.5 cup honey

- 2 ounces maple syrup
- 0.5 teaspoon nutmeg
- 8 servings salt and pepper
- 6 medium sweet potatoes

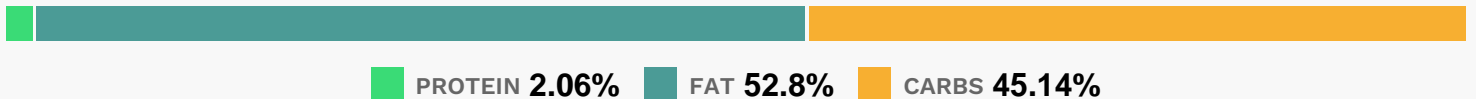
Equipment

- bowl
- oven
- whisk
- baking pan
- aluminum foil

Directions

- Slice sweet potatoes into 1/4 inch round slices. Arrange potatoes in a lightly greased baking dish.
- Mix brown sugar, cinnamon, nutmeg, ginger, melted butter and cider in a bowl.
- Sprinkle each layer of potatoes with the mixture.
- Cover with foil and bake at 325 degrees F for about 35 minutes or until almost soft.
- In another bowl whisk in the soft butter, maple syrup, chile powder and salt and pepper.
- Remove the foil, and pour in the chile butter mixture and continue baking for another 15 minutes until golden color. Keep warm.

Nutrition Facts



Properties

Glycemic Index:47.19, Glycemic Load:28.37, Inflammation Score:-10, Nutrition Score:14.583478274553%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg 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: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 623.21kcal (31.16%), Fat: 37.66g (57.94%), Saturated Fat: 23.77g (148.57%), Carbohydrates: 72.44g (24.15%), Net Carbohydrates: 66.64g (24.23%), Sugar: 43.58g (48.42%), Cholesterol: 99.05mg (33.02%), Sodium: 605.62mg (26.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Vitamin A: 25496.45IU (509.93%), Manganese: 0.75mg (37.27%), Fiber: 5.8g (23.19%), Vitamin B6: 0.39mg (19.55%), Potassium: 664.49mg (18.99%), Vitamin B5: 1.46mg (14.57%), Copper: 0.29mg (14.26%), Vitamin B2: 0.23mg (13.49%), Vitamin E: 1.9mg (12.69%), Magnesium: 49.23mg (12.31%), Vitamin B1: 0.15mg (9.68%), Phosphorus: 96.74mg (9.67%), Calcium: 92.13mg (9.21%), Iron: 1.48mg (8.2%), Vitamin K: 7.49µg (7.13%), Vitamin B3: 1.15mg (5.73%), Vitamin C: 4.34mg (5.26%), Folate: 21.01µg (5.25%), Zinc: 0.71mg (4.73%), Selenium: 2.05µg (2.93%), Vitamin B12: 0.08µg (1.31%)