



Sweet Potatoes with Bourbon and Maple

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



455 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup almonds smoked toasted chopped (or almonds)
- ☐ 0.3 cup bourbon
- ☐ 3 tablespoons t brown sugar dark packed ()
- ☐ 0.5 teaspoons espresso powder instant
- ☐ 10 servings pepper black freshly ground
- ☐ 9 tablespoons maple syrup pure
- ☐ 3 tablespoons olive oil
- ☐ 5 pounds cubes red-skinned sweet potato peeled cut into 2 1/2"-3" pieces (8 medium)

- ☐ 1.5 cups strong coffee decoction hot
- ☐ 9 tablespoons butter unsalted divided

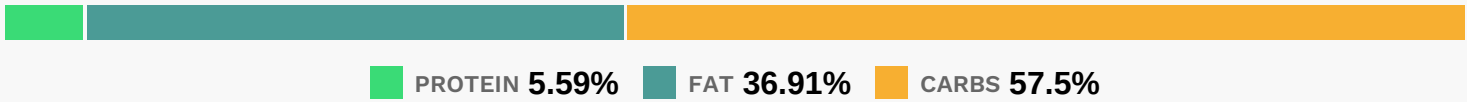
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Stir coffee, maple syrup, sugar, and espresso powder in a medium saucepan over medium-high heat until sugar dissolves. Bring mixture to a boil; cook until thickened and reduced by half, 6–7 minutes.
- ☐ Remove syrup from heat; add bourbon and 2 tablespoons butter. Reduce heat to medium and simmer until sauce is reduced to about 3/4 cup, 40–45 minutes (mixture should be thick enough to coat a spoon, but not sticky, and will thicken as it cools). Season sauce to taste with salt and pepper. DO AHEAD: Sauce can be made 2 days ahead. Cover; chill. Rewarm before serving.
- ☐ Arrange racks in upper and lower thirds of oven; preheat to 425°F. 1 Melt remaining 7 tablespoons butter in a small saucepan; pour into a large bowl.
- ☐ Add sweet potatoes and oil and season with salt and pepper. Divide potato mixture between 2 large rimmed baking sheets and roast, turning potatoes often and rotating sheets halfway through, until potatoes are tender and start to turn golden brown and crisp around the edges, 30–35 minutes. DO AHEAD: Potatoes can be roasted 4 hours ahead.
- ☐ Let stand at room temperature. Rewarm before continuing.
- ☐ Transfer potatoes to a serving platter.
- ☐ Drizzle some warm sauce over and sprinkle with almonds; serve remaining sauce alongside for those who want more.

Nutrition Facts



Properties

Glycemic Index:9.35, Glycemic Load:4.5, Inflammation Score:-10, Nutrition Score:24.790434712949%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 454.53kcal (22.73%), Fat: 18.34g (28.21%), Saturated Fat: 7.4g (46.27%), Carbohydrates: 64.28g (21.43%), Net Carbohydrates: 55.88g (20.32%), Sugar: 29.29g (32.55%), Cholesterol: 27.09mg (9.03%), Sodium: 86.65mg (3.77%), Alcohol: 2.67g (100%), Alcohol %: 1.07% (100%), Caffeine: 15.79mg (5.26%), Protein: 6.24g (12.49%), Vitamin A: 43901.18IU (878.02%), Manganese: 1.73mg (86.53%), Vitamin C: 44.45mg (53.88%), Vitamin B2: 0.58mg (34.26%), Potassium: 1198.72mg (34.25%), Fiber: 8.4g (33.61%), Vitamin B6: 0.66mg (33.05%), Vitamin E: 4.34mg (28.95%), Copper: 0.45mg (22.31%), Magnesium: 86.3mg (21.57%), Vitamin B5: 2.15mg (21.49%), Vitamin B3: 3.74mg (18.7%), Vitamin B1: 0.28mg (18.36%), Phosphorus: 161.73mg (16.17%), Calcium: 132.31mg (13.23%), Iron: 1.92mg (10.67%), Vitamin K: 8.83µg (8.41%), Zinc: 1.1mg (7.33%), Folate: 17.9µg (4.47%), Selenium: 0.93µg (1.32%), Vitamin D: 0.19µg (1.26%)