



Sweet Potatoes with Cranberry Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



380 kcal

SIDE DISH

Ingredients

- 0.5 cup firmly brown sugar packed
- 2 tablespoons butter
- 1 cup cranberries fresh
- 0.8 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 0.8 cup orange juice
- 4 pounds sweet potatoes (6 small)
- 16 ounce whole-berry cranberry sauce canned

Equipment

- paper towels
- sauce pan
- oven
- baking pan
- microwave

Directions

- Make-Ahead:** Wash sweet potatoes; prick several times with a fork. Arrange on paper towels in microwave oven, leaving 1" between each. Microwave at HIGH 22 minutes, rearranging potatoes once; let stand 5 minutes. Cool potatoes to touch; peel and cut into 1/2" slices. Arrange slices in a slightly overlapping spiral pattern 1 to 2 layers thick in a 12" round baking dish; set aside.
- Meanwhile, combine cranberry sauce and remaining 6 ingredients in a saucepan; bring to a boil. Reduce heat; simmer, uncovered, 5 minutes.
- Pour cranberry mixture over sweet potatoes; cool. Cover tightly, and chill overnight.
- When Ready to
- Remove from refrigerator; let stand 30 minutes. Uncover and bake at 350 for 30 minutes or until thoroughly heated and bubbly.

Nutrition Facts

  

 **PROTEIN 4.46%**  **FAT 7.16%**  **CARBS 88.38%**

Properties

Glycemic Index:28.75, Glycemic Load:24.24, Inflammation Score:-10, Nutrition Score:16.794347910615%

Flavonoids

Cyanidin: 5.86mg, Cyanidin: 5.86mg, Cyanidin: 5.86mg, Cyanidin: 5.86mg Delphinidin: 0.97mg, Delphinidin: 0.97mg, Delphinidin: 0.97mg, Delphinidin: 0.97mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg

Epigallocatechin: 0.09mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg
Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg,
Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol:
0.04mg Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg Naringenin: 0.5mg,
Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg,
Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg,
Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.44mg, Myricetin: 2.44mg, Myricetin:
2.44mg, Myricetin: 2.44mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 379.61kcal (18.98%), Fat: 3.1g (4.77%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 86.16g (28.72%), Net
Carbohydrates: 78.12g (28.41%), Sugar: 43.36g (48.17%), Cholesterol: 0mg (0%), Sodium: 164.94mg (7.17%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.7%), Vitamin A: 32379.2IU (647.58%), Manganese: 0.71mg
(35.54%), Fiber: 8.04g (32.15%), Vitamin B6: 0.5mg (25.24%), Potassium: 857.46mg (24.5%), Vitamin C: 19.4mg
(23.52%), Vitamin B5: 1.92mg (19.17%), Copper: 0.38mg (19.11%), Magnesium: 62.71mg (15.68%), Vitamin B1: 0.21mg
(13.9%), Phosphorus: 115.8mg (11.58%), Iron: 1.81mg (10.03%), Vitamin B2: 0.16mg (9.48%), Vitamin E: 1.4mg (9.36%),
Calcium: 87.75mg (8.78%), Folate: 32.85µg (8.21%), Vitamin B3: 1.44mg (7.22%), Vitamin K: 5.58µg (5.32%), Zinc:
0.73mg (4.86%), Selenium: 1.8µg (2.56%)