




Sweet Potatoes with Honey, Lemon and Toasted Spices

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



280 kcal

SIDE DISH

Ingredients

- 1 teaspoon coriander seeds
- 1 teaspoon cumin seeds
- 2 garlic cloves minced
- 2 teaspoons ginger finely grated
- 2 tablespoons honey
- 0.3 cup juice of lemon fresh
- 6 servings salt and pepper freshly ground

- 3 pounds sweet potatoes peeled sliced
- 1 tablespoon butter unsalted
- 2 tablespoons vegetable oil
- 0.3 cup water hot

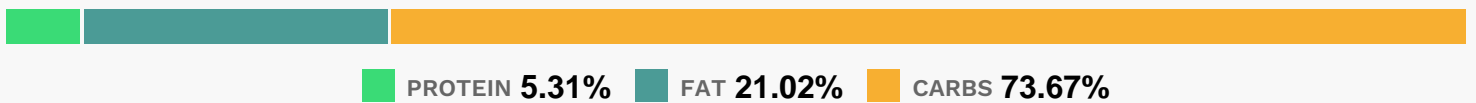
Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil

Directions

- Preheat the oven to 35
- Butter a baking dish. Arrange the sweet potato slices in concentric circles in the dish.
- In a bowl, combine the hot water with 1 tablespoon of the honey and the butter; swirl to melt the butter.
- Pour the liquid over the sweet potatoes. Cover with foil and bake for 40 minutes, or until the potatoes are tender.
- Meanwhile, in a small skillet, toast the cumin and coriander seeds over moderate heat until fragrant, about 40 seconds; let cool.
- Transfer the seeds to a spice grinder and grind to a powder.
- Transfer the powder to a small bowl. Stir in the lemon juice, oil, garlic, ginger and the remaining 1 tablespoon of honey; season with salt and pepper.
- Pour the dressing over the potatoes and serve.

Nutrition Facts



Properties

Glycemic Index:26.71, Glycemic Load:25.64, Inflammation Score:-10, Nutrition Score:15.664347837477%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 279.63kcal (13.98%), Fat: 6.71g (10.32%), Saturated Fat: 1.95g (12.16%), Carbohydrates: 52.88g (17.63%), Net Carbohydrates: 45.83g (16.66%), Sugar: 15.51g (17.24%), Cholesterol: 5.02mg (1.67%), Sodium: 320.76mg (13.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.63%), Vitamin A: 32238.82IU (644.78%), Manganese: 0.63mg (31.41%), Fiber: 7.06g (28.23%), Vitamin B6: 0.5mg (24.77%), Potassium: 795.97mg (22.74%), Vitamin B5: 1.84mg (18.42%), Copper: 0.36mg (17.99%), Magnesium: 60.49mg (15.12%), Vitamin B1: 0.18mg (12.3%), Vitamin K: 12.62µg (12.02%), Vitamin C: 9.85mg (11.94%), Phosphorus: 113.03mg (11.3%), Iron: 1.72mg (9.56%), Vitamin B2: 0.15mg (8.63%), Calcium: 77.53mg (7.75%), Vitamin E: 1.04mg (6.96%), Folate: 27.33µg (6.83%), Vitamin B3: 1.32mg (6.58%), Zinc: 0.75mg (5%), Selenium: 1.7µg (2.43%)