



Sweet Potatoes with Tequila and Lime



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



251 kcal

SIDE DISH

Ingredients

- ☐ 0.3 lb butter
- ☐ 0.3 cup juice of lime
- ☐ 12 servings lime wedges
- ☐ 0.3 cup orange juice
- ☐ 12 servings salt and pepper
- ☐ 0.3 cup sugar
- ☐ 5 pounds sweet potatoes

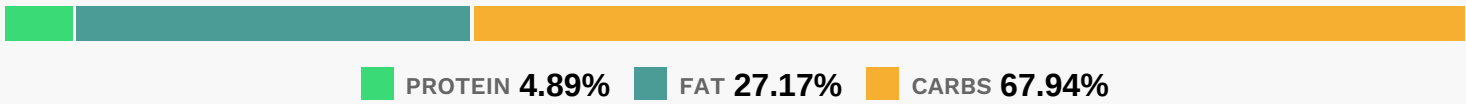
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ spatula
- ☐ grater

Directions

- ☐ Rinse and peel sweet potatoes. Shred with coarse blade of a food processor or a hand grater.
- ☐ Put a 2-inch-deep 12- by 17-inch baking pan in a 475 oven.
- ☐ Add butter, cut into chunks. When butter melts, after about 3 minutes, add the sweet potatoes and sugar.
- ☐ Mix well with a wide spatula.
- ☐ Bake, turning the sweet potatoes occasionally with the spatula (taking care not to mash the mixture), until about half the sweet potatoes are browned and remainder are tender to bite, 50 to 60 minutes.
- ☐ Add the tequila and lime juice and mix well.
- ☐ Bake 5 minutes more.
- ☐ Pour sweet potatoes into a bowl. Season to taste with salt and pepper. When serving, accompany with lime wedges to squeeze over potatoes.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:22.07, Inflammation Score:-10, Nutrition Score:13.291304330463%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 1.71mg, Hesperetin: 1.71mg, Hesperetin: 1.71mg, Hesperetin: 1.71mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 251.18kcal (12.56%), Fat: 7.73g (11.9%), Saturated Fat: 1.61g (10.09%), Carbohydrates: 43.51g (14.5%), Net Carbohydrates: 37.78g (13.74%), Sugar: 12.74g (14.15%), Cholesterol: 0mg (0%), Sodium: 387.08mg (16.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Vitamin A: 27167.8IU (543.36%), Manganese: 0.49mg (24.51%), Fiber: 5.73g (22.93%), Vitamin B6: 0.4mg (20.05%), Potassium: 661.71mg (18.91%), Vitamin B5: 1.54mg (15.41%), Copper: 0.29mg (14.54%), Magnesium: 48.76mg (12.19%), Vitamin C: 9.8mg (11.88%), Vitamin B1: 0.16mg (10.41%), Phosphorus: 93.06mg (9.31%), Vitamin B2: 0.12mg (7.21%), Iron: 1.18mg (6.56%), Calcium: 61.49mg (6.15%), Folate: 23.53µg (5.88%), Vitamin B3: 1.09mg (5.46%), Vitamin E: 0.8mg (5.34%), Zinc: 0.58mg (3.84%), Vitamin K: 3.45µg (3.28%), Selenium: 1.18µg (1.68%)