



Tempura-Glazed Sweet Potatoes with Crispy Panko

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



359 kcal

SIDE DISH

Ingredients

- 2 tablespoons ginger fresh minced peeled (from a 2-inch piece)
- 2 medium garlic clove minced
- 2 teaspoons brown sugar light packed
- 2 tablespoons mirin
- 0.5 cup olive oil
- 1 cup panko bread crumbs
- 1 tablespoon rice vinegar

- 3 medium spring onion light white green thinly sliced (and parts only)
- 0.3 cup soya sauce
- 4 pounds sweet potatoes and into peeled cut into 1-inch pieces

Equipment

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

Directions

- Heat the oven to 425°F and arrange a rack in the middle.
- Whisk 1/2 cup of the oil, the soy sauce, mirin, ginger, vinegar, brown sugar, and garlic in a large bowl until the sugar has dissolved.
- Add the sweet potatoes and toss to combine.
- Transfer the mixture and any liquid to a 13-by-9-inch baking dish and spread into an even layer. Cover the dish tightly with aluminum foil and roast for 20 minutes. Meanwhile, heat the remaining 2 tablespoons of oil in a medium frying pan over medium heat until shimmering.
- Add the panko and cook, stirring occasionally, until lightly browned and toasted, about 7 minutes.
- Remove the pan from the heat and set aside.
- Remove the potatoes from the oven and remove the foil. Toss the sweet potatoes, moving the bottom layer to the top and the top layer to the bottom (this helps the potatoes cook evenly in the glaze).
- Spread them back into an even layer and roast uncovered for 10 minutes. Toss again and roast until the sweet potatoes are tender and the glaze has thickened, about 10 minutes more.
- Sprinkle with the toasted panko and scallions and serve.

Nutrition Facts

PROTEIN 8.43% FAT 10.69% CARBS 80.88%

Properties

Glycemic Index:33.33, Glycemic Load:30.38, Inflammation Score:-10, Nutrition Score:21.576086876185%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 358.75kcal (17.94%), Fat: 4.33g (6.66%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 73.7g (24.57%), Net Carbohydrates: 63.81g (23.2%), Sugar: 16.33g (18.15%), Cholesterol: 0mg (0%), Sodium: 1005.01mg (43.7%), Alcohol: 0.57g (100%), Alcohol %: 0.2% (100%), Protein: 7.68g (15.36%), Vitamin A: 42975.63IU (859.51%), Manganese: 0.97mg (48.64%), Fiber: 9.89g (39.55%), Vitamin B6: 0.69mg (34.56%), Potassium: 1102.25mg (31.49%), Copper: 0.51mg (25.74%), Vitamin B5: 2.54mg (25.41%), Vitamin B1: 0.35mg (23.13%), Vitamin K: 23.81µg (22.68%), Magnesium: 87.95mg (21.99%), Phosphorus: 180.64mg (18.06%), Iron: 2.81mg (15.59%), Vitamin B2: 0.25mg (14.84%), Vitamin B3: 2.92mg (14.61%), Folate: 51.38µg (12.85%), Calcium: 120.48mg (12.05%), Vitamin C: 9.1mg (11.03%), Vitamin E: 1.36mg (9.07%), Zinc: 1.16mg (7.71%), Selenium: 4.67µg (6.67%)