



White Sweet Potatoes with Mirin and Honey

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 servings sea salt (preferably Maldon)
- 2 teaspoons corn oil
- 2 tablespoons honey
- 0.5 teaspoon kosher salt
- 0.5 cup rice wine sweet (Japanese rice wine)
- 2 tablespoons butter unsalted
- 1 tablespoon vinegar white
- 2 large sweet potatoes white (2 pounds total)

Equipment

- bowl
- frying pan
- oven
- whisk
- plastic wrap
- aluminum foil
- microwave
- oven mitt

Directions

- Preheat oven to 450°F.
- Place a well-seasoned 8"-10" cast-iron skillet in oven.
- Pierce potatoes in several spots with a fork. Microwave sweet potatoes on high for 5 minutes. (Alternatively, wrap sweet potatoes in foil and bake at 450°F until tender around edges but still hard in center, 30-35 minutes.)
- Transfer potatoes to a large bowl and cover with plastic wrap.
- Let sit for 5 minutes.
- Whisk mirin, honey, vinegar, and salt in a medium bowl. Peel sweet potatoes and cut crosswise into 1"-1 1/2"-thick rounds.
- Add to mirin mixture; toss to coat.
- Using oven mitts, carefully remove heated skillet from oven; add oil and swirl pan to coat.
- Add sweet potatoes and mirin mixture to skillet, arranging potatoes cut side down.
- Bake until sweet potatoes are caramelized on one side, 15-20 minutes. Turn sweet potatoes, rotating them around pan to avoid hot spots, and cook until tender and caramelized, 5-7 minutes longer.
- Transfer sweet potatoes to a platter.
- Add 2 tablespoons water to skillet, scraping up browned bits.
- Add butter, swirling pan to melt and combine.

Pour sauce oversweet potatoes. Season with salt.

Nutrition Facts



Properties

Glycemic Index:40.07, Glycemic Load:21.39, Inflammation Score:-10, Nutrition Score:12.304782655576%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 286.91kcal (14.35%), Fat: 7.76g (11.94%), Saturated Fat: 3.79g (23.67%), Carbohydrates: 44.36g (14.79%), Net Carbohydrates: 39.24g (14.27%), Sugar: 15.73g (17.48%), Cholesterol: 15.05mg (5.02%), Sodium: 579.84mg (25.21%), Alcohol: 4.83g (100%), Alcohol %: 2.72% (100%), Protein: 2.91g (5.82%), Vitamin A: 24292.83IU (485.86%), Manganese: 0.45mg (22.54%), Fiber: 5.12g (20.48%), Vitamin B6: 0.36mg (17.9%), Potassium: 587.72mg (16.79%), Vitamin B5: 1.37mg (13.75%), Copper: 0.26mg (13.25%), Magnesium: 44.7mg (11.18%), Vitamin B1: 0.13mg (8.86%), Phosphorus: 83.96mg (8.4%), Vitamin B2: 0.11mg (6.47%), Iron: 1.12mg (6.21%), Vitamin E: 0.9mg (6.01%), Calcium: 55.35mg (5.53%), Vitamin C: 4.13mg (5.01%), Vitamin B3: 0.96mg (4.81%), Folate: 19.12µg (4.78%), Vitamin K: 4.39µg (4.18%), Zinc: 0.55mg (3.65%), Selenium: 1.62µg (2.31%)