



## Wildflower Honey- and Whisky-Glazed Sweet Potatoes

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 teaspoon pepper black freshly ground
- 2 tablespoons brown sugar dark packed ()
- 0.3 cup light-flavored honey such as wildflower
- 0.8 teaspoon kosher salt
- 2 tablespoons scotch whisky
- 3 pounds orange-fleshed sweet potatoes peeled cut into 1-inch chunks (yams)
- 0.3 cup butter unsalted ()

## Equipment

- bowl
- sauce pan
- oven
- whisk
- casserole dish

## Directions

- Preheat oven to 375°F. Butter 2-quart casserole dish.
- In small saucepan over moderately high heat, combine butter, honey, whisky, and sugar. Bring to simmer, whisking until butter and sugar are melted, then reduce heat to moderately low and simmer, uncovered, 10 minutes.
- In large bowl, toss potatoes with butter mixture, salt, and pepper.
- Transfer to prepared dish and bake, tossing occasionally, until tender and glazed, about 45 minutes.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:15.73, Glycemic Load:17.17, Inflammation Score:-10, Nutrition Score:10.659999934228%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 200.48kcal (10.02%), Fat: 4.68g (7.19%), Saturated Fat: 2.94g (18.39%), Carbohydrates: 36.82g (12.27%), Net Carbohydrates: 32.68g (11.88%), Sugar: 14.98g (16.65%), Cholesterol: 12.2mg (4.07%), Sodium: 250.92mg

(10.91%), Alcohol: 1.08g (100%), Alcohol %: 0.88% (100%), Protein: 2.23g (4.46%), Vitamin A: 19447.98IU (388.96%), Manganese: 0.38mg (18.97%), Fiber: 4.14g (16.55%), Vitamin B6: 0.29mg (14.4%), Potassium: 469.6mg (13.42%), Vitamin B5: 1.11mg (11.06%), Copper: 0.21mg (10.66%), Magnesium: 34.78mg (8.69%), Vitamin B1: 0.11mg (7.12%), Phosphorus: 66.08mg (6.61%), Vitamin B2: 0.09mg (5.2%), Iron: 0.9mg (5%), Calcium: 45.46mg (4.55%), Vitamin C: 3.31mg (4.01%), Vitamin B3: 0.78mg (3.88%), Folate: 15.36µg (3.84%), Vitamin E: 0.49mg (3.25%), Vitamin K: 3.09µg (2.94%), Zinc: 0.44mg (2.9%), Selenium: 0.98µg (1.4%)