



Yams with Toasted Spice Rub

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



514 kcal

SIDE DISH

Ingredients

- 0.3 cup brown sugar
- 1 ounce california chili powder pure
- 1 tablespoon coriander seeds
- 0.3 cup fennel seeds
- 2 tablespoons ground cinnamon
- 2 tablespoons kosher salt
- 2 tablespoons juice of lemon
- 1 tablespoon peppercorns

- 1.5 teaspoons pepper flakes red
- 0.5 teaspoon gray salt
- 4 medium sweet potatoes cut in 1/2
- 0.5 cup butter unsalted

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- blender
- baking pan
- aluminum foil
- spatula

Directions

- Preheat oven to 375 degrees F.
- Put sweet potatoes in a glass or stainless steel bowl.
- Melt the butter in a small saucepan over low heat. Stir in brown sugar and lemon juice. When sugar is completely melted, stir in Toasted Spice Rub and gray salt.
- Pour mixture over sweet potatoes. Toss well.
- Arrange sweet potatoes in a baking dish, cut side up. With rubber spatula, scrape all the butter and spice mixture over the top of the sweet potatoes, and then add a sprinkling of Toasted Spice Rub on top of each one. Cover with foil and bake at 375 degrees F until easily pierced with a knife.
- Toast the fennel seeds, coriander seeds, and peppercorns in a small, heavy pan over medium heat. When the fennel turns light brown, work quickly. Turn on the exhaust fan, add the red pepper flakes, and toss, toss, toss, always under the fan. Immediately turn the spice mixture out onto a plate to cool. Put in a blender with the chili powder, salt, and cinnamon and blend until the spices are evenly ground. If you have a small spice mill or a coffee grinder dedicated

to grinding spices, grind only the fennel, coriander, pepper, and chili flakes.

Pour into a bowl and toss with the remaining ingredients.

Nutrition Facts

PROTEIN 4.7% **FAT 42.27%** **CARBS 53.03%**

Properties

Glycemic Index:23.75, Glycemic Load:22.81, Inflammation Score:-10, Nutrition Score:26.005652202212%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg 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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 513.53kcal (25.68%), Fat: 25.47g (39.19%), Saturated Fat: 14.9g (93.13%), Carbohydrates: 71.91g (23.97%), Net Carbohydrates: 56.81g (20.66%), Sugar: 23.66g (26.29%), Cholesterol: 61.01mg (20.34%), Sodium: 4045.18mg (175.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.74%), Vitamin A: 35129.18IU (702.58%), Manganese: 2.15mg (107.69%), Fiber: 15.1g (60.39%), Vitamin B6: 0.69mg (34.35%), Potassium: 1111.76mg (31.76%), Vitamin E: 4.37mg (29.1%), Copper: 0.56mg (27.76%), Iron: 4.72mg (26.23%), Magnesium: 103.47mg (25.87%), Calcium: 243.46mg (24.35%), Vitamin B5: 1.99mg (19.86%), Vitamin K: 19.68µg (18.74%), Phosphorus: 177.32mg (17.73%), Vitamin B1: 0.23mg (15.27%), Vitamin B2: 0.25mg (14.85%), Vitamin B3: 2.66mg (13.29%), Vitamin C: 10mg (12.13%), Zinc: 1.43mg (9.55%), Folate: 30.21µg (7.55%), Selenium: 3.99µg (5.71%), Vitamin D: 0.43µg (2.84%)