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Simple Herb Tossed Sweet Potato

This recipe is a simple and delicious way to enjoy sweet potatoes. The sweet potatoes are tossed in a flavorful herb mixture and roasted to perfection. They make a great side dish or a healthy snack. Try this recipe for a tasty and nutritious treat!

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: 25 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Sweet Potatoes
2 tbsp	olive oil
1 tsp	fresh rosemary
1 tsp	fresh thyme
1 tsp	garlic powder

1 tsp salt

0.5 tsp black pepper

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Wash and peel the sweet potatoes. Cut them into bite-sized cubes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the olive oil, rosemary, thyme, garlic powder, salt, and black pepper. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Add the sweet potato cubes to the bowl and toss until they are well coated with the herb mixture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Oven

Spread the sweet potato cubes in a single layer on a baking sheet.

Prep Time: 0 mins

Cook Time: 25 mins

Step 6

Oven

Roast in the preheated oven for 25 minutes, or until the sweet potatoes are tender and golden brown.

Prep Time: 0 mins

Cook Time: 25 mins

Step 7

Cooling

Remove from the oven and let cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 2 g

Protein: 2 g

Carbohydrates: 33 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	33 g	60%	66%
Fibers	5 g	13.16%	20%
Sugars	7 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	438 iu	48.67%	62.57%
Vitamin C	35 mg	38.89%	46.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	4 mg	0.4%	0.4%
Iron	4 mg	50%	22.22%
Potassium	14 mg	0.41%	0.54%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Picnic

Cuisines

Italian Chinese Mexican Thai Spanish American

Nutritional Content

Low Calorie High Protein Low Fat Low Carb Low Sodium High Iron

Kitchen Tools

Blender

Oven

Grill

Course

Side Dishes

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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