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Holiday Spiced Yams ♦♦

Holiday Spiced Yams is a traditional dish often enjoyed during the holiday season. It is made with sweet yams that are flavored with a blend of warm spices, giving it a delicious and comforting taste. This dish is typically served as a side dish and pairs well with roasted meats and other holiday favorites.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 6

Serving Size: 83 g

Ingredients

1000 g	yams
100 g	brown sugar
50 g	butter
2 tsp	cinnamon
1 tsp	nutmeg

1 tsp	allspice
1 tsp	salt

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Peel and cut the yams into 1-inch cubes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the brown sugar, cinnamon, nutmeg, allspice, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Add the yam cubes to the bowl and toss until they are evenly coated with the spice mixture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Preparation

Transfer the yam cubes to a baking dish and dot with butter.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Baking

Cover the baking dish with foil and bake for 30 minutes.

Prep Time: 0 mins

Cook Time: 30 mins

Step 7

Baking

Remove the foil and continue baking for another 15 minutes, or until the yams are tender.

Prep Time: 0 mins

Cook Time: 15 mins

Step 8

Serving

Serve the Holiday Spiced Yams hot as a side dish.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 2 g

Carbohydrates: 25 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	25 g	45.45%	50%
Fibers	3 g	7.89%	12%
Sugars	10 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	3 g	13.64%	17.65%
Fat	5 g	17.86%	20%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	120 iu	13.33%	17.14%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	4 mg	0.4%	0.4%
Iron	4 mg	50%	22.22%
Potassium	6 mg	0.18%	0.23%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Fall

Events

Christmas

Thanksgiving

Picnic

Meal Type

Breakfast

Lunch

Dinner

Snack

Course

Side Dishes

Sauces & Dressings

Cultural

Easter

Cost

\$10 to \$20

\$30 to \$40

Demographics

Senior Friendly

Heart Healthy

Diet

Vegetarian Diet

Pescatarian Diet

Anti-Inflammatory Diet

Cooking Method

Frying

Boiling

Blanching

Smoking

Cooking

Difficulty Level

Easy

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