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Candied Sweet Potatoes · ·

Candied sweet potatoes are a classic side dish that is often enjoyed during holiday meals. The sweet potatoes are cooked until tender and then coated in a sticky, sweet glaze made from brown sugar, butter, and cinnamon. This dish pairs perfectly with roasted turkey or ham and is sure to be a crowd-pleaser.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

Recipe Yield: 1000 grams

Number of Servings: 8

Serving Size: 125 g

Ingredients

1000 g	Sweet Potatoes
200 g	brown sugar
100 g	butter
2 tsp	Cinnamon
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 slice the sweet potatoes into 1/4-inch thick rounds.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Stove

In a large saucepan, melt the butter over medium heat. Add the brown sugar, cinnamon, and salt. Stir until the sugar has dissolved and the mixture is smooth.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Mixing

Add the sweet potatoes to the saucepan and toss to coat them evenly with the glaze.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Transfer the sweet potatoes to a baking dish and spread them out in an even layer.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Oven

Bake in the preheated oven for 35-40 minutes, or until the sweet potatoes are tender and the glaze is caramelized.

Prep Time: 0 mins

Cook Time: 35 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: 250 kcal

Fat: 8 g

Protein: 2 g

Carbohydrates: 41 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	41 g	74.55%	82%

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

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	8 g	28.57%	32%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	18400 iu	2044.44%	2628.57%
Vitamin C	4 mg	4.44%	5.33%
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	200 mg	8.7%	8.7%
Calcium	50 mg	5%	5%
Iron	1 mg	12.5%	5.56%
Potassium	400 mg	11.76%	15.38%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Events

Christmas Thanksgiving New Year Picnic

Cuisines

Italian Chinese American

Nutritional Content

Low Calorie

Course

Side Dishes Desserts Drinks Breads Salads Snacks Sauces & Dressings

Cultural

Easter Halloween

Cost

\$10 to \$20

Demographics

Kids Friendly

Teen Friendly

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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