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Candied Sweet Potato ^{♦♦}

Candied sweet potato is a delicious and popular side dish made with sweet potatoes, brown sugar, butter, and spices. It is often served during holidays and special occasions. The sweet and caramelized flavor of the potatoes makes it a favorite among both kids and adults.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 60 mins

Total Time: 75 mins

Recipe Yield: 500 grams

Number of Servings: 6

Serving Size: 100 g

Ingredients

1000 g	Sweet Potatoes
200 g	brown sugar
100 g	butter
2 tsp	Cinnamon
1 tsp	Nutmeg

1 tsp Salt

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Peel and cut the sweet potatoes into 1-inch thick slices.

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, nutmeg, and salt. Stir until well combined and the sugar has dissolved.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Stove

Add the sweet potato slices to the saucepan and stir to coat them evenly with the sugar mixture.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Oven

Transfer the sweet potatoes to a baking dish and pour any remaining sauce over them.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Oven

Bake in the preheated oven for 50-60 minutes, or until the sweet potatoes are tender and caramelized, basting with the sauce every 15 minutes.

Prep Time: 0 mins

Cook Time: 60 mins

Step 7

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

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 4 g

Protein: 2 g

Carbohydrates: 35 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	35 g	63.64%	70%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	4 g	10.53%	16%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	4 g	14.29%	16%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	400 iu	44.44%	57.14%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
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	6 mg	75%	33.33%
Potassium	8 mg	0.24%	0.31%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas

Thanksgiving

New Year

Back to School

Picnic

Cuisines

Italian

French

German

American

Nutritional Content

Low Calorie

Low Fat

High Fiber

Sugar-Free

High Calcium

Kitchen Tools

Blender

Course

Appetizers

Side Dishes

Desserts

Salads

Sauces & Dressings

Meal Type

Lunch

Snack

Dinner

Difficulty Level

Easy

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