

Chipotle Glazed Sweet Potatoes

Ingredients:

4 lbs. peeled sweet potatoes, cut into slices or wedges
 ¼ cup unsalted butter
 1 tsp. chipotle powder
 ½ cup honey
 ⅓ cup fresh lime juice
 ½ tsp. kosher or sea salt



Nutrition Facts

Serving Size ¾ cup (170g)
 Servings Per Container 4

Amount Per Serving		
Calories	200	Calories from Fat 40
		% Daily Value*
Total Fat	4.5g	7%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	310mg	13%
Total Carbohydrate	36g	12%
Dietary Fiber	4g	16%
Sugars	17g	
Protein	2g	
Vitamin A	130%	• Vitamin C 35%
Calcium	2%	• Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4



Directions:

1. Preheat oven to 400 degrees. Place wedges in a large bowl. Coat rimmed baking sheet with cooking spray and set aside.
2. Melt butter in a saucepan over medium heat. Whisk in chipotle powder and remaining ingredients.
3. Bring to a simmer, stirring constantly and cook 3 minutes.
4. Pour glaze over potatoes and toss to combine. Arrange in a single layer on prepared baking sheet. Use a rubber spatula to scrape bowl, drizzling remaining glaze over potatoes.
5. Cover baking sheet tightly with foil. Roast for 40 minutes and remove foil, baste potatoes. Bake, tossing every 10 minutes, for 20 minutes more or until tender and caramelized at the edges.