

# Bourbon Candied Sweet Potatoes

*Anthony Bourdain - Community Table  
Relish Magazine*

**Servings: 8**

*3 pounds sweet potatoes, cut into quarters  
1 tablespoon butter  
5 tablespoons butter  
1 cup dark brown sugar  
1/3 cup apple cider  
1/4 cup bourbon  
pinch salt*

Place the sweet potatoes in a large saucepan. Cover with cold water. Bring to a boil. Reduce the heat. Simmer for 10 to 15 minutes or until the potatoes are cooked through but still offer a bit of resistance when pierced with a fork. Drain. When cool enough to handle, peel and cut into one-inch chunks.

Preheat the oven to 375 degrees.

Grease a roasting pan with one tablespoon of butter. Add the sweet potatoes in a single layer.

In a small saucepan over medium heat, melt the five tablespoons of butter and the brown sugar. Whisk in the apple cider, bourbon and salt. Cook for 1 minute. Drizzle over the sweet potatoes. Toss gently to coat.

Roast for 40 minutes, stirring every 10 minutes, or until the sweet potatoes are very tender and the liquid is syrupy.

Per Serving (excluding unknown items): 331 Calories; 9g Fat (25.3% calories from fat); 2g Protein; 58g Carbohydrate; 4g Dietary Fiber; 23mg Cholesterol; 115mg Sodium. Exchanges: 2 Grain(Starch); 0 Fruit; 1 1/2 Fat; 2 Other Carbohydrates.

Side Dishes

**Per Serving Nutritional Analysis**

Calories (kcal):	331	Vitamin B6 (mg):	.3mg
% Calories from Fat:	25.3%	Vitamin B12 (mcg):	trace

% Calories from Carbohydrates: 72.1%  
 % Calories from Protein: 2.6%  
 Total Fat (g): 9g  
 Saturated Fat (g): 5g  
 Monounsaturated Fat (g): 2g  
 Polyunsaturated Fat (g): trace  
 Cholesterol (mg): 23mg  
 Carbohydrate (g): 58g  
 Dietary Fiber (g): 4g  
 Protein (g): 2g  
 Sodium (mg): 115mg  
 Potassium (mg): 360mg  
 Calcium (mg): 54mg  
 Iron (mg): 1mg  
 Zinc (mg): trace  
 Vitamin C (mg): 28mg  
 Vitamin A (i.u.): 24918IU  
 Vitamin A (r.e.): 2539 1/2RE

Thiamin B1 (mg): .1mg  
 Riboflavin B2 (mg): .2mg  
 Folic Acid (mcg): 17mcg  
 Niacin (mg): 1mg  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 17  
 % Daily Value

## Food Exchanges

Grain (Starch): 2  
 Lean Meat: 0  
 Vegetable: 0  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 1 1/2  
 Other Carbohydrates: 2

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

Calories 331      Calories from Fat: 84

### % Daily Values\*

Total Fat 9g 14%  
   Saturated Fat 5g 27%  
 Cholesterol 23mg 8%  
 Sodium 115mg 5%  
 Total Carbohydrates 58g 19%  
   Dietary Fiber 4g 15%  
 Protein 2g

Vitamin A 498%  
 Vitamin C 47%  
 Calcium 5%  
 Iron 7%

\* Percent Daily Values are based on a 2000 calorie diet.