

# Roasted Sweet Potatoes with Cinnamon Crunch

*McCormick Foods*

## Servings: 8

*3/4 cup firmly packed brown sugar, divided*  
*2 tablespoons orange juice*  
*2 teaspoons pure vanilla extract*  
*1 1/2 teaspoons ground cinnamon, divided*  
*1 1/2 teaspoons ground ginger, divided*  
*1/2 teaspoon salt*  
*3 pounds sweet potatoes, peeled and cut into one-inch chunks*  
*1 cup dried cranberries OR raisins*  
*6 tablespoons butter, cut up and divided*  
*1/2 cup flour*  
*1 cup chopped pecans*

## Preparation Time: 15 minutes

## Cook Time: 1 hour

Preheat the oven to 400 degrees.

In a large bowl, mix 1/4 cup of the sugar, orange juice, vanilla, 1/2 teaspoon cinnamon, 1/2 teaspoon ginger and the salt. Add the sweet potatoes and toss to coat well.

Spoon the mixture into a 13x9-inch baking dish. Sprinkle evenly with cranberries.. Dot with two tablespoons of the butter. Cover with foil.

Bake for 30 minutes.

Meanwhile, in a medium bowl, mix the flour, remaining 1/2 cup of sugar, remaining cinnamon and remaining ginger. Cut in the remaining four tablespoons of butter with a fork until coarse crumbs form. Stir in the pecans.

Remove the sweet potatoes from the oven and stir gently. Sprinkle evenly with the pecan topping.

Bake, uncovered, 25 to 30 minutes longer or until the sweet potatoes are tender and the topping is lightly browned.

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Per Serving (excluding unknown items): 414 Calories; 19g Fat (40.4% calories from fat); 4g Protein; 59g Carbohydrate; 5g Dietary Fiber; 23mg Cholesterol; 246mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 3 1/2 Fat; 1 1/2 Other Carbohydrates.

Side Dishes

## Per Serving Nutritional Analysis

|                                |            |
|--------------------------------|------------|
| Calories (kcal):               | 414        |
| % Calories from Fat:           | 40.4%      |
| % Calories from Carbohydrates: | 55.7%      |
| % Calories from Protein:       | 3.9%       |
| Total Fat (g):                 | 19g        |
| Saturated Fat (g):             | 6g         |
| Monounsaturated Fat (g):       | 9g         |
| Polyunsaturated Fat (g):       | 3g         |
| Cholesterol (mg):              | 23mg       |
| Carbohydrate (g):              | 59g        |
| Dietary Fiber (g):             | 5g         |
| Protein (g):                   | 4g         |
| Sodium (mg):                   | 246mg      |
| Potassium (mg):                | 405mg      |
| Calcium (mg):                  | 60mg       |
| Iron (mg):                     | 2mg        |
| Zinc (mg):                     | 1mg        |
| Vitamin C (mg):                | 30mg       |
| Vitamin A (i.u.):              | 24947IU    |
| Vitamin A (r.e.):              | 2543 1/2RE |

|                     |       |
|---------------------|-------|
| Vitamin B6 (mg):    | .4mg  |
| Vitamin B12 (mcg):  | trace |
| Thiamin B1 (mg):    | .3mg  |
| Riboflavin B2 (mg): | .2mg  |
| Folacin (mcg):      | 28mcg |
| Niacin (mg):        | 1mg   |
| Caffeine (mg):      | 0mg   |
| Alcohol (kcal):     | 0     |
| % Refuse:           | n n%  |

## Food Exchanges

|                      |       |
|----------------------|-------|
| Grain (Starch):      | 2 1/2 |
| Lean Meat:           | 0     |
| Vegetable:           | 0     |
| Fruit:               | 0     |
| Non-Fat Milk:        | 0     |
| Fat:                 | 3 1/2 |
| Other Carbohydrates: | 1 1/2 |

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

|                 |     |                        |
|-----------------|-----|------------------------|
| <b>Calories</b> | 414 | Calories from Fat: 167 |
|-----------------|-----|------------------------|

### % Daily Values\*

|                            |       |     |
|----------------------------|-------|-----|
| <b>Total Fat</b>           | 19g   | 29% |
| Saturated Fat              | 6g    | 31% |
| <b>Cholesterol</b>         | 23mg  | 8%  |
| <b>Sodium</b>              | 246mg | 10% |
| <b>Total Carbohydrates</b> | 59g   | 20% |
| Dietary Fiber              | 5g    | 21% |
| <b>Protein</b>             | 4g    |     |

|                  |      |
|------------------|------|
| <b>Vitamin A</b> | 499% |
| <b>Vitamin C</b> | 50%  |
| <b>Calcium</b>   | 6%   |
| <b>Iron</b>      | 11%  |

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