

Coconut Oil Roasted Sweet Potatoes

Ingredients

- 1 ½ tablespoons virgin coconut oil
- 1 ¾ pounds sweet potatoes, peeled and cut into 1/2-inch chunks
- 2 teaspoons light brown sugar, packed
- ¾ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon grated nutmeg

Nutritional Information

Nutritional analysis per serving (2 servings)

448 calories; 10 grams fat; 8 grams saturated fat; 0 grams monounsaturated fat; 0 grams polyunsaturated fat; 84 grams carbohydrates; 12 grams dietary fiber; 21 grams sugars; 6 grams protein; 1091 milligrams sodium

Note: The information shown is Edamam's estimate based on available ingredients and preparation. It should not be considered a substitute for a professional nutritionist's advice.

Preparation

1. Heat oven to 350 degrees. Melt the coconut oil in a small saucepan over low heat.
2. In a large bowl, toss together potatoes, coconut oil, sugar, salt, pepper and nutmeg.
3. Spread the potatoes in an even layer on a large baking sheet. Roast, tossing occasionally, until soft and caramelized, about 1 hour.