

Honey Roasted Sweet Potatoes

Cuisine: **Other**
Food category: **Vegetables**



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Company: **Retigo**

Program steps

Preheating:

175 °C

1

 Hot air

 100 %

 Termination by time

 01:00 hh:mm

 175 °C

 100 %



2

 Hot air

 100 %

 Termination by time

 00:20 hh:mm

 195 °C

 100 %



Ingredients - number of portions - 4

Name	Value	Unit
Sweet potato	1	kg
honey	120	g
chili pepper	1	pcs

Nutrition and allergens

Allergens:
Minerals:
Vitamins:

Nutritional value of one portion	Value
Energy	306.2 kJ
Carbohydrate	75 g
Fat	0.3 g
Protein	4 g
Water	198.3 g

Directions

Place the whole, unpeeled sweet potatoes on a baking sheet. Bake until they are tender all the way through.

Once out of the oven, let cool to room temperature.

Cut the sweet potatoes into large irregular pieces.

Gently heat the honey with the chili to infuse the flavors.

Arrange the sweet potato pieces on a baking sheet lined with parchment paper. Generously drizzle with warm honey (and spiced if desired).

Bake again to lightly caramelize.

Season with salt and pepper before serving.