



Cider Glazed Sweet Potatoes with Cranberries

Servings
8

Calories
180

Prep Time
10 minutes

Total Time
30 minutes

Skill Level
Medium

Ingredients

- 2 (16 ounces) bags Mann's Sweet Potato Cubes
- 1 cup apple cider
- 2 tablespoons brown sugar
- 2 tablespoons butter
- ½ teaspoon salt
- ¼ teaspoon ground allspice
- ¼ cup dried cranberries
- 2 tablespoons finely chopped green onions



The Method

Cook sweet potatoes in large pot of boiling salted water until halfway cooked (a knife inserted into center will encounter considerable resistance), about 5 minutes. Drain and cool. (Can be prepared 1 day ahead. Cover and refrigerate.)

Combine cider, sugar, butter, salt and allspice in heavy large skillet over medium-high heat. Bring to boil, stirring often. Add sweet potatoes and cook 5 minutes. Add cranberries and continue cooking until liquid is reduced to syrupy glaze and sweet potatoes are tender, about 10 minutes. Season with salt and pepper. Transfer to bowl. Sprinkle with green onions.

Nutrition Facts

Serving Size: 155g | Servings: 8

Amount Per Serving

Calories 180 | Total Fat 3g (sat fat 2g trans 0g) | Cholesterol 10mg | Sodium 160mg | Total Carbohydrate 37g | Dietary Fiber 1g | Sugars 9g | Protein 2g | Vitamin A 2% | Vitamin C 30% | Calcium 0% | Iron 0%