



Roasted Sweet Potatoes with Maple Butter

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These easy roasted sweet potatoes are tossed in maple cinnamon butter and cooked until caramelized and tender. A simple yet satisfying side dish that's perfect for a casual dinner, yet elegant enough for a holiday meal!

Course	Side
Cuisine	American
Keyword	roasted sweet potatoes
Prep Time	10 minutes
Cook Time	35 minutes
Total Time	45 minutes
Servings	6
Calories	209kcal
Author	Sara Welch



- *Add a sprinkle of nutmeg for more flavor!*
- *When potatoes are complete, stir in some brown sugar to sweeten if potatoes are bland.*

Ingredients

- 2 1/2 lbs sweet potatoes peeled and cut into 1 inch pieces
- 6 tablespoons butter melted
- 1/4 cup pure maple syrup
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- cooking spray

Instructions

1. Preheat the oven to 375 degrees. Coat a sheet pan with cooking spray.
2. Whisk together the butter, maple syrup, cinnamon and salt in a small bowl.
3. Place the sweet potatoes in a single layer on the sheet pan, then pour the maple butter mixture over the top.
4. Use a spoon or your hands to toss the sweet potatoes in the butter to coat them evenly.
5. Bake for 35 minutes, stirring once halfway through the bake time. Serve immediately.

Nutrition

Calories: 209kcal | Carbohydrates: 37g | Protein: 3g | Fat: 11g | Saturated Fat: 7g | Cholesterol: 30mg | Sodium: 298mg | Potassium: 667mg | Fiber: 5g | Sugar: 15g | Vitamin A: 27165IU | Vitamin C: 4.5mg | Calcium: 75mg | Iron: 1.2mg