

Skillet Sweet Potatoes Recipe

A quick method to prepare a flavorful side dish.

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4 servings | serving size: ¼ of recipe

When preparing this recipe, start with clean countertops and utensils. Wash hands with soap and water. Wash whole, fresh sweet potatoes by scrubbing with a clean vegetable brush under cold, running water.

Ingredients:

- 1 pound sweet potatoes (sliced ½ inch thick)
- ½ cup orange juice
- 2 Tablespoons brown sugar (or molasses)
- 1 Tablespoon canola oil
- 1 teaspoon cinnamon (optional)

Directions:

1. Place sweet potatoes in a medium skillet; cover with water, and bring to a boil. Lower heat, cover, and cook for 10 minutes until soft. Drain and place back in the skillet.

2. In a small mixing bowl, combine orange juice, brown sugar, and oil. Add cinnamon (optional).
3. Pour the sauce over the cooked potatoes. Cover and cook over medium heat, stirring occasionally, until bubbly. Uncover and gently boil for about 5 minutes until the potatoes are glazed, spooning sauce over potatoes.

Nutrition Facts

4 servings per container

Serving size **1/4 of recipe**
(152g)

Amount per serving

Calories **160**

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 65mg **3%**

Total Carbohydrate 31g **11%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 4g Added Sugars **8%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 47mg **4%**

Iron 1mg **6%**

Potassium 447mg **10%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

(https://extension.psu.edu/media/wysiwyg/extensions/catalog_product/0aeb331356274073824a4168c4ca8fa9/h/u/nutrition-label.png)

