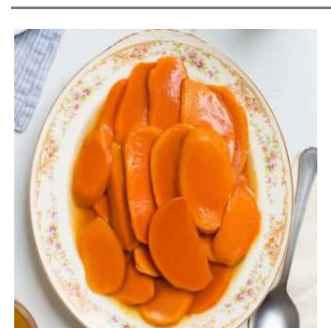


Candied Sweet Potatoes Recipe

Tender, perfectly baked sweet potatoes are cooked away in a buttery and sweet glaze filled with spices and deliciousness making the best Candied yams dish ever!



Prep Time
15 mins

Cook Time
1 hr

Total Time
1 hr 15 mins

Course: Side Dish Cuisine: soul food, south, Southern
Servings: 6 people Calories: 376kcal Author: Jocelyn Delk Adams

Ingredients

- 6 medium sized sweet potatoes peeled and thinly to medium sliced
- 1/4 cup salted butter
- 1 1/2 cups granulated sugar
- 1 tsp pure vanilla extract
- 1/4 tsp ground nutmeg

Instructions

1. Add sliced potatoes to large pot and fill with water until it completely covers the potatoes. Turn heat on stove to high.
2. Next add butter, sugar, vanilla and nutmeg to potatoes and water.
3. Bring mixture to a boil and cover. Cook for 25 minutes or until potatoes are tender then remove lid and continue cooking for an additional 20-30 minutes or until water has evaporated leaving a sweet syrup over the potatoes.

Notes

Tip: Before stopping your potatoes from cooking, make sure you test them with a fork to ensure that they are completely melt in your mouth tender. If they even have a hint of toughness, continue to cook them.

Tip: if you start to see the water evaporating and almost done, check your potatoes first for doneness. If they are ready, check your glaze.

Do NOT OVERCOOK YOUR GLAZE! Watch carefully as you get to the end of your water evaporating.

Nutrition

Calories: 376kcal | Carbohydrates: 76g | Protein: 2g | Fat: 8g | Saturated Fat: 5g | Cholesterol: 20mg | Sodium: 140mg | Potassium: 438mg | Fiber: 4g | Sugar: 55g | Vitamin A: 18679IU | Vitamin C: 3mg | Calcium: 41mg | Iron: 1mg