

Baked Candied Yams - Soul Food Style

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/side-dishes-for-mexican-food-recipe>

Ingredients:

- 5 yams medium sized
- 8 tablespoons salted butter
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground clove
- 1/4 teaspoon ground ginger
- 1 cup granulated sugar
- 1/4 cup brown sugar
- 1 tablespoon pure vanilla extract not imitation

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 106 grams
3. Cholesterol: 60 milligrams
4. Fat: 23 grams
5. Fiber: 7 grams
6. Protein: 4 grams
7. SaturatedFat: 15 grams
8. Sodium: 180 milligrams
9. Sugar: 61 grams

Thank you for visiting our website. Hope you enjoy Baked Candied Yams - Soul Food Style above. You can see more 15 side dishes for mexican food recipe Savor the mouthwatering goodness! to get more great cooking ideas.