

Candied Yams

Yield: 9 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-candied-yams-recipe>

Ingredients:

- 3 cans yams 28 oz ea, drained, purple can
- 4 tablespoons brown sugar
- 1 1/2 teaspoons ground nutmeg optional
- 3 tablespoons butter cut into cubes
- 1 bag mini marshmallows

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 10 milligrams
4. Fat: 4 grams
5. Protein: 1 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 55 milligrams
8. Sugar: 22 grams

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