

Roasted Yams

Yield: 2 min
Total Time: 40 min

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

Ingredients:

- 1 yam large, peeled and cut into 1/4 inch thick slices
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper freshly
- 2 tablespoons olive oil

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 18 grams
3. Fat: 14 grams
4. Fiber: 3 grams
5. Protein: 1 grams
6. SaturatedFat: 2 grams
7. Sodium: 1200 milligrams
8. Sugar: 1 grams

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