

Southern Baked Candied Yams

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-yams-recipe-that-doesnt-need-clove>

Ingredients:

- 5 yams medium sized sweet, peeled, washed, cut into pieces
- 7 tablespoons butter
- 1 cup granulated sugar
- 1/4 cup brown sugar
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground allspice teaspoon
- 1 teaspoon ground cinnamon
- 1 tablespoon pure vanilla extract

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 106 grams
3. Cholesterol: 55 milligrams
4. Fat: 20 grams
5. Fiber: 7 grams
6. Protein: 4 grams
7. SaturatedFat: 13 grams
8. Sodium: 160 milligrams
9. Sugar: 61 grams

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