



Apple-Pecan-Stuffed Sweet Potatoes



Vegetarian



Gluten Free

READY IN



32 min.

SERVINGS



8

CALORIES



373 kcal

SIDE DISH

Ingredients

- ☐ 1 large apples chopped
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 0.3 cup golden raisins
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.8 cup pecans coarsely chopped
- ☐ 3.5 lb sweet potatoes and into

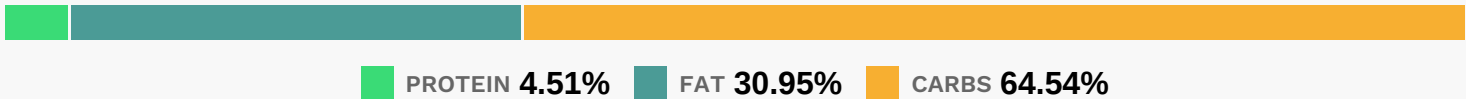
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Place potatoes on an aluminum foil-lined baking sheet.
- ☐ Bake at 425 for 1 hour and 15 minutes or until tender.
- ☐ Heat nuts in a nonstick skillet over medium-low heat, stirring often, 5 to 7 minutes or until toasted.
- ☐ Remove from skillet.
- ☐ Melt butter in skillet over medium-high heat.
- ☐ Add apple and raisins; saut 2 to 3 minutes or until apple is tender. Stir in brown sugar, cinnamon, and nutmeg.
- ☐ Remove from heat.
- ☐ Cut potatoes in half lengthwise; scoop pulp into a large bowl, leaving shells intact.
- ☐ Add apple mixture to pulp in bowl; stir until blended. Spoon mixture into shells.
- ☐ Place on baking sheet.
- ☐ Bake at 350 for 15 to 20 minutes or until thoroughly heated. Top with nuts.

Nutrition Facts



Properties

Glycemic Index:35.21, Glycemic Load:22.72, Inflammation Score:-10, Nutrition Score:16.634347820412%

Flavonoids

Cyanidin: 1.54mg, Cyanidin: 1.54mg, Cyanidin: 1.54mg, Cyanidin: 1.54mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 373.2kcal (18.66%), Fat: 13.3g (20.46%), Saturated Fat: 4.34g (27.15%), Carbohydrates: 62.42g (20.81%), Net Carbohydrates: 54.56g (19.84%), Sugar: 27.64g (30.72%), Cholesterol: 15.25mg (5.08%), Sodium: 159.45mg (6.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.73%), Vitamin A: 28352.1IU (567.04%), Manganese: 1.03mg (51.4%), Fiber: 7.86g (31.46%), Vitamin B6: 0.47mg (23.42%), Potassium: 795.04mg (22.72%), Copper: 0.45mg (22.69%), Vitamin B5: 1.73mg (17.26%), Magnesium: 66.52mg (16.63%), Vitamin B1: 0.23mg (15.2%), Phosphorus: 132.32mg (13.23%), Iron: 1.7mg (9.42%), Vitamin B2: 0.15mg (8.98%), Calcium: 85.24mg (8.52%), Vitamin C: 6.31mg (7.65%), Zinc: 1.1mg (7.32%), Vitamin B3: 1.32mg (6.61%), Folate: 25.45µg (6.36%), Vitamin E: 0.88mg (5.88%), Vitamin K: 5.24µg (4.99%), Selenium: 1.85µg (2.65%)