



Baked Sweet Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



295 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 teaspoon kosher salt
- ☐ 6 medium sweet potatoes unpeeled
- ☐ 6 tablespoons butter unsalted

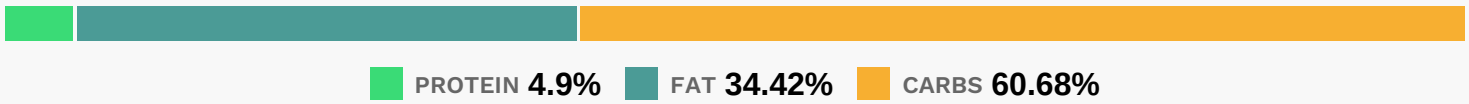
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 400 F. Pierce each sweet potato several times with the tines of a fork.
- ☐ Place the sweet potatoes on a rimmed baking sheet lined with foil.
- ☐ Bake until tender, about 45 minutes. Make a slit in the top of each sweet potato. Top with 1 tablespoon of butter and season with the salt and pepper.Variation: Baking sweet potatoes intensifies their sweetness, making them surprisingly satisfying with little, if any, embellishment. If you crave something over the top, try some maple syrup or brown sugar, a spoonful of sour cream, a pinch of ground cinnamon, some caramelized onions, a handful of pecans or walnuts, jarred applesauce or chutney, canned chipotles in adobo, crystallized ginger, or grated orange zest.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:22.45, Inflammation Score:-10, Nutrition Score:14.632173891949%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 294.84kcal (14.74%), Fat: 11.47g (17.65%), Saturated Fat: 7.23g (45.2%), Carbohydrates: 45.51g (15.17%), Net Carbohydrates: 38.72g (14.08%), Sugar: 9.46g (10.51%), Cholesterol: 30.1mg (10.03%), Sodium: 319.64mg (13.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Vitamin A: 32412.71IU (648.25%), Manganese: 0.59mg (29.47%), Fiber: 6.79g (27.16%), Vitamin B6: 0.47mg (23.64%), Potassium: 765.57mg (21.87%), Vitamin B5: 1.82mg (18.24%), Copper: 0.34mg (17.21%), Magnesium: 56.86mg (14.21%), Vitamin B1: 0.18mg (11.8%), Phosphorus: 109.65mg (10.96%), Vitamin B2: 0.14mg (8.39%), Iron: 1.39mg (7.71%), Calcium: 71.46mg (7.15%), Vitamin C: 5.42mg (6.57%), Vitamin B3: 1.27mg (6.33%), Folate: 25.29µg (6.32%), Vitamin E: 0.91mg (6.09%), Vitamin K: 5.12µg (4.87%), Zinc: 0.69mg (4.61%), Selenium: 1.5µg (2.14%), Vitamin D: 0.21µg (1.4%)