



Baked Sweet Potatoes Stuffed with Cranberries, Pears, and Pecans

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



429 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 4 tablespoons butter ()
- ☐ 1 cup cranberries dried
- ☐ 4 teaspoons ginger fresh minced peeled
- ☐ 4 teaspoons brown sugar packed ()
- ☐ 2 large but pears firm cored ripe peeled cut into 1/2-inch cubes
- ☐ 1 cup pecans coarsely chopped

- ☐ 64 ounce red-skinned sweet potatoes scrubbed (yams)
- ☐ 0.5 teaspoon salt

Equipment

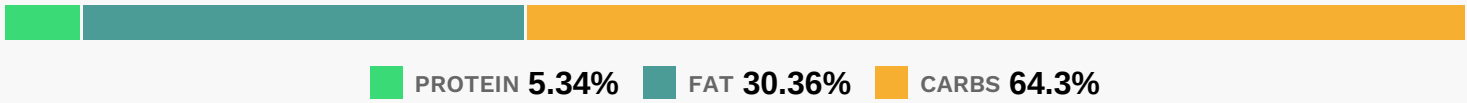
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Position rack in center of oven and preheat to 350°F. Line baking sheet with foil. Pierce potatoes in several places with fork; place on prepared baking sheet.
- ☐ Bake until potatoes are tender when pierced with fork, about 55 minutes. Cool slightly.
- ☐ Meanwhile, place cranberries in small bowl; pour enough hot water over to cover.
- ☐ Let stand 5 minutes to soften.
- ☐ Drain well. Melt 2 tablespoons butter in large nonstick skillet over medium-high heat.
- ☐ Add pears and sauté until tender and golden, about 4 minutes. Stir in cranberries, pecans, ginger, and brown sugar; sauté 1 minute.
- ☐ Mix in 2 teaspoons vinegar and 1/2 teaspoon salt.
- ☐ Cut off top 1/4 of each potato lengthwise; discard tops. Using fork, gently mash pulp inside each potato.
- ☐ Sprinkle with salt and pepper. Melt remaining 2 tablespoons butter in small saucepan over low heat.
- ☐ Whisk in remaining 1 1/2 tablespoons vinegar.
- ☐ Drizzle about 1 teaspoon butter-vinegar mixture into each potato; mix with fork to blend.

Mound cranberry mixture in sweet potatoes. (Can be prepared 4 hours ahead. Cover loosely with plastic wrap; let stand at room temperature. Rewarm sweet potatoes uncovered in 350°F oven until heated through, about 20 minutes.)

Nutrition Facts



Properties

Glycemic Index:20.22, Glycemic Load:2.74, Inflammation Score:-10, Nutrition Score:24.68478280889%

Flavonoids

Cyanidin: 2.6mg, Cyanidin: 2.6mg, Cyanidin: 2.6mg, Cyanidin: 2.6mg Delphinidin: 0.92mg, Delphinidin: 0.92mg, Delphinidin: 0.92mg, Delphinidin: 0.92mg Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg Epicatechin: 2.26mg, Epicatechin: 2.26mg, Epicatechin: 2.26mg, Epicatechin: 2.26mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 428.76kcal (21.44%), Fat: 15.18g (23.35%), Saturated Fat: 4.47g (27.92%), Carbohydrates: 72.33g (24.11%), Net Carbohydrates: 61.05g (22.2%), Sugar: 33.94g (37.71%), Cholesterol: 15.05mg (5.02%), Sodium: 274.31mg (11.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.02%), Vitamin A: 43781.93IU (875.64%), Manganese: 1.76mg (87.87%), Vitamin C: 47.14mg (57.14%), Fiber: 11.28g (45.11%), Vitamin B6: 0.7mg (34.98%), Potassium: 1212.06mg (34.63%), Copper: 0.57mg (28.7%), Vitamin B1: 0.33mg (22.25%), Vitamin B5: 2.19mg (21.85%), Magnesium: 81.74mg (20.44%), Vitamin B3: 3.71mg (18.53%), Phosphorus: 167.2mg (16.72%), Vitamin B2: 0.28mg (16.38%), Vitamin E: 2.34mg (15.57%), Iron: 2.07mg (11.51%), Calcium: 105.31mg (10.53%), Vitamin K: 9.82µg (9.35%), Zinc: 1.37mg (9.14%), Folate: 20.7µg (5.17%), Selenium: 1.17µg (1.68%)