



Baked sweet potatoes with easy chilli & soured cream

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 sweet potatoes and into
- ☐ 2 tbsp olive oil
- ☐ 1 large onion chopped
- ☐ 2 to 2 chilies slit green red deseeded chopped
- ☐ 1 kg ground beef lean minced
- ☐ 2 tbsp cajun spice
- ☐ 800 g canned tomatoes chopped canned

- ☐ 400 g kidney beans drained canned
- ☐ 300 ml cream
- ☐ 8 servings chilli sauce sweet

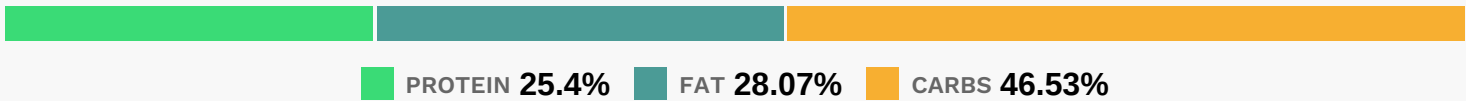
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Prick the potatoes in several places and bake for 45 mins until soft.
- ☐ Meanwhile, heat the oil in a large pan, then cook the onion and chillies for 3–4 mins until softened.
- ☐ Add the beef and seasoning and cook for 5 mins, stirring often.
- ☐ Add the tomatoes and kidney beans, bring to the boil, partially cover and gently simmer for 30 mins.
- ☐ Season the chilli.
- ☐ Cut the sweet potatoes open, spoon in some chilli and top with soured cream. Pass around the sweet chilli sauce.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:27.4, Inflammation Score:-10, Nutrition Score:36.059565380864%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 558.62kcal (27.93%), Fat: 17.64g (27.14%), Saturated Fat: 7.14g (44.62%), Carbohydrates: 65.78g (21.93%), Net Carbohydrates: 53.16g (19.33%), Sugar: 17.84g (19.82%), Cholesterol: 99.01mg (33%), Sodium: 527.54mg (22.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.9g (71.81%), Vitamin A: 33342.43IU (666.85%), Vitamin B6: 1.23mg (61.31%), Zinc: 7.85mg (52.31%), Fiber: 12.62g (50.48%), Potassium: 1728.86mg (49.4%), Vitamin B3: 9.82mg (49.11%), Manganese: 0.98mg (48.97%), Vitamin B12: 2.88µg (47.94%), Phosphorus: 477.2mg (47.72%), Iron: 6.72mg (37.35%), Selenium: 25.81µg (36.87%), Copper: 0.72mg (36%), Magnesium: 127.55mg (31.89%), Vitamin B5: 3.14mg (31.42%), Vitamin B2: 0.51mg (30.11%), Vitamin B1: 0.38mg (25.14%), Vitamin E: 3.34mg (22.26%), Vitamin C: 18.1mg (21.95%), Calcium: 172.61mg (17.26%), Folate: 63.69µg (15.92%), Vitamin K: 15.89µg (15.13%)