



Baked Sweet Potatoes with West African-Style Peanut Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



285 kcal

SIDE DISH

Ingredients

- 1 teaspoon canola oil
- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon ginger fresh grated peeled
- 2 garlic cloves minced
- 1.5 teaspoons ground coriander
- 1.5 teaspoons ground cumin
- 0.1 teaspoon ground pepper red

- 0.3 cup onion finely chopped
- 0.3 cup peanut butter
- 0.3 teaspoon salt
- 1 teaspoon sugar
- 3 pounds sweet potatoes
- 0.8 cup tomato sauce
- 0.8 cup water

Equipment

- frying pan
- oven

Directions

- Preheat oven to 37
- Pierce potatoes with a fork, and bake at 375 for 1 hour or until tender. Cool potatoes slightly.
- Heat oil in a medium skillet over medium-low heat.
- Add onion, ginger, and garlic; cook 3 minutes.
- Add cumin, coriander, and pepper; cook 1 minute.
- Add 3/4 cup water and next 4 ingredients (through salt), stirring until smooth; bring to a simmer. Cook 2 minutes or until thick.
- Split potatoes lengthwise, cutting to, but not through, other side. Spoon about 1/4 cup sauce into each potato. Top each serving with 1 teaspoon cilantro.

Nutrition Facts



PROTEIN 9.07% **FAT 20.13%** **CARBS 70.8%**

Properties

Glycemic Index:54.68, Glycemic Load:24.09, Inflammation Score:-10, Nutrition Score:18.460434685583%

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 Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 284.54kcal (14.23%), Fat: 6.6g (10.15%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 52.21g (17.4%), Net Carbohydrates: 43.96g (15.99%), Sugar: 12.79g (14.21%), Cholesterol: 0mg (0%), Sodium: 416.16mg (18.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.69g (13.38%), Vitamin A: 32341.13IU (646.82%), Manganese: 0.83mg (41.71%), Fiber: 8.25g (33.01%), Vitamin B6: 0.58mg (29%), Potassium: 954.56mg (27.27%), Copper: 0.45mg (22.32%), Magnesium: 84.98mg (21.24%), Vitamin B5: 2.04mg (20.43%), Phosphorus: 160.54mg (16.05%), Vitamin B3: 3.06mg (15.31%), Vitamin E: 2.16mg (14.43%), Vitamin B1: 0.21mg (14%), Iron: 2.33mg (12.92%), Vitamin B2: 0.19mg (10.97%), Vitamin C: 8.83mg (10.7%), Folate: 38.97µg (9.74%), Calcium: 90.94mg (9.09%), Zinc: 1.1mg (7.36%), Vitamin K: 5.97µg (5.69%), Selenium: 2.35µg (3.35%)