



## BBQ Pulled Pork-Topped Sweet Potatoes

 Gluten Free

READY IN



60 min.

SERVINGS



1

CALORIES



1731 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup & spicy barbecue sauce thick kraft
- 6 Tbsp knudsen cream light sour
- 1 green onion chopped
- 11.5 oz oscar mayer carving board & spicy seasoned pulled pork sweet
- 2 lb sweet potatoes

### Equipment

- baking sheet
- sauce pan

oven

## Directions

Heat oven to 425F.

Prick potatoes with fork; place on rimmed baking sheet.

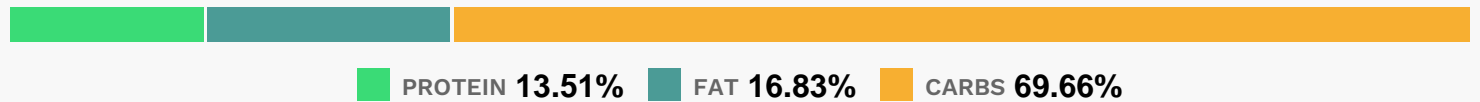
Bake 40 to 45 min. or until tender.

Cook meat and barbecue sauce in saucepan on medium heat 6 to 8 min. or until heated through, stirring frequently.

Split potatoes.

Serve topped with meat mixture, sour cream and onions.

## Nutrition Facts



## Properties

Glycemic Index:90, Glycemic Load:90.26, Inflammation Score:-10, Nutrition Score:51.259130516778%

## Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

## Nutrients (% of daily need)

Calories: 1731.03kcal (86.55%), Fat: 32.78g (50.42%), Saturated Fat: 12.55g (78.42%), Carbohydrates: 305.15g (101.72%), Net Carbohydrates: 276.34g (100.49%), Sugar: 133.34g (148.15%), Cholesterol: 165.39mg (55.13%), Sodium: 3976.61mg (172.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.17g (118.34%), Vitamin A: 129867.45IU (2597.35%), Manganese: 2.54mg (127%), Fiber: 28.81g (115.26%), Potassium: 3574.73mg (102.14%), Vitamin B6: 2.03mg (101.25%), Vitamin B5: 7.5mg (75.01%), Copper: 1.49mg (74.71%), Magnesium: 254.99mg (63.75%), Calcium: 592.52mg (59.25%), Iron: 9.61mg (53.4%), Vitamin B1: 0.78mg (51.73%), Phosphorus: 510.54mg (51.05%), Vitamin B2: 0.73mg (42.91%), Vitamin K: 44.1µg (42%), Vitamin C: 31.4mg (38.06%), Vitamin B3: 6.02mg (30.1%), Folate: 118.25µg (29.56%), Vitamin E: 3.78mg (25.23%), Zinc: 3.37mg (22.48%), Selenium: 9.61µg (13.72%), Vitamin B12: 0.3µg (5.04%)