



Beefy Stuffed Sweet Potato

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



331 kcal

SIDE DISH

Ingredients

- 4 servings pepper black freshly ground
- 4 medium carrots shredded roughly chopped
- 0.3 teaspoon cayenne pepper
- 0.3 cup cilantro leaves fresh chopped
- 2 cloves garlic
- 1 teaspoon ground cumin
- 4 servings kosher salt
- 0.8 pound ground beef lean

- 2 tablespoons olive oil
- 0.5 medium onion roughly chopped
- 0.5 teaspoon oregano dried
- 1 plum tomatoes chopped
- 2 tablespoons red wine vinegar
- 4 small sweet potatoes washed scrubbed

Equipment

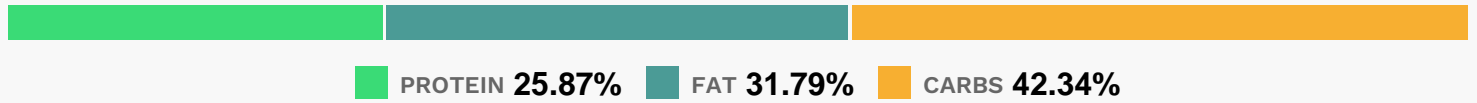
- food processor
- bowl
- frying pan
- oven
- wooden spoon
- microwave

Directions

- Poke each sweet potato a few times and microwave until fork tender, about 10 minutes, rotating about halfway through. Set aside and keep warm.
- Combine the chopped carrots, onions, tomatoes, garlic, 2 tablespoons of the vinegar, cumin, 1 teaspoon salt, oregano, cayenne and a few grinds of black pepper in a food processor; pulse until coarsely chopped.
- Heat the oil in a large nonstick skillet over medium-high heat, add the vegetable mixture and cook, stirring constantly, until dry, 3 to 4 minutes.
- Add 1/4 cup water and cook, scraping up any brown bits with a wooden spoon, until the water evaporates, about 1 minute.
- Add the ground beef and cook, stirring and breaking it up into smaller chunks, until browned and cooked through, about 4 minutes.
- Remove from the heat.
- Split the potatoes in half, scoop out some of the warm flesh and add it to the beef mixture; stir to combine. Divide the potato halves among four plates and generously fill each half with the beef-potato mixture. Toss the shredded carrots with the cilantro, the remaining 1

teaspoon vinegar and 1/4 teaspoon salt in a medium bowl. Divide the carrot slaw among the four plates.

Nutrition Facts



Properties

Glycemic Index:76.46, Glycemic Load:15.47, Inflammation Score:-10, Nutrition Score:23.005652150382%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 330.57kcal (16.53%), Fat: 11.67g (17.95%), Saturated Fat: 2.95g (18.44%), Carbohydrates: 34.97g (11.66%), Net Carbohydrates: 28.66g (10.42%), Sugar: 9.37g (10.42%), Cholesterol: 52.73mg (17.58%), Sodium: 367.25mg (15.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.36g (42.72%), Vitamin A: 28893.93IU (577.88%), Vitamin B6: 0.75mg (37.32%), Zinc: 4.98mg (33.17%), Vitamin B12: 1.91µg (31.75%), Vitamin B3: 6.17mg (30.86%), Potassium: 1014.57mg (28.99%), Manganese: 0.54mg (27.21%), Phosphorus: 265.32mg (26.53%), Fiber: 6.31g (25.22%), Selenium: 15.98µg (22.83%), Iron: 3.63mg (20.18%), Vitamin K: 21.11µg (20.11%), Vitamin B5: 1.8mg (18.02%), Magnesium: 65.42mg (16.35%), Copper: 0.32mg (15.95%), Vitamin B2: 0.27mg (15.64%), Vitamin E: 2.2mg (14.67%), Vitamin B1: 0.2mg (13.09%), Vitamin C: 10.78mg (13.06%), Folate: 36.54µg (9.13%), Calcium: 84.8mg (8.48%)