



 **26%**
HEALTH SCORE

Brown Butter Twice Baked Sweet Potatoes

 **Gluten Free**  **Popular**

READY IN



95 min.

SERVINGS



4

CALORIES



677 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 avocado pitted very ripe
- 2 tablespoons buttermilk
- 4 strips bacon crisp cooked chopped
- 0.3 cup parsley fresh chopped
- 6 ounces goat cheese crumbled
- 4 servings salt and pepper black
- 0.5 cup greek yogurt plain sour (Greek yogurt may be substituted)
- 4 medium sweet potatoes and into

- 6 tablespoons butter unsalted

Equipment

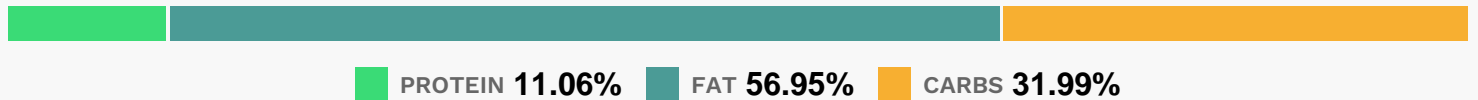
- food processor
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- blender
- aluminum foil

Directions

- Preheat your oven to 400 degrees F. Poke your sweet potatoes with a fork and place them directly on the rack of your oven.
- Place a piece of foil on the rack below to reduce mess.
- Bake the sweet potatoes for 45–50 minutes or until tender. Times may vary depending on how hot your oven gets.
- Remove the potatoes from the oven and let stand at room temperature until they are cool enough to handle, about 20–30 minutes. Leave the oven on. While your potatoes are cooling, melt the butter over medium heat. Continue to cook the butter, stirring frequently, until brown bits begin to form on the bottom of the pan, about 5–6 minutes. Pay close attention as the butter can quickly go from brown to burnt in a matter of seconds. Once you see the brown bits forming and a nutty aroma fills the air, pull the butter from the heat immediately. Set aside.
- Cut the tops off of the sweet potatoes, lengthwise. Scoop the sweet potato flesh into a medium bowl, leaving the skins in tact. To the bowl, add the brown butter, 2 tablespoons of the fresh parsley, 3/4 of the chopped bacon, and 4 ounces of the goats cheese.
- Sprinkle with salt and black pepper to taste and mash the ingredients together until combined. Scoop the filling back into the sweet potatoes.
- Place the potatoes on a baking sheet that has been lined with foil or parchment paper.

- Place them back in the oven to bake for 25 minutes. While your potatoes are baking for a second time, prepare your avocado cream. In the bowl of your food processor or blender, combine the avocados, sour cream and buttermilk.
- Add a dash of salt and pepper and pulse until completely smooth and creamy. Once your potatoes have baked, remove from oven.
- Sprinkle on the remaining parsley, bacon and goats cheese.
- Drizzle with avocado cream and serve immediately. Enjoy!! hope you enjoy this recipe for brown butter twice baked sweet potatoes!

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:23.33, Inflammation Score:-10, Nutrition Score:31.741739130435%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Taste

Sweetness: 31.32%, Saltiness: 56.9%, Sourness: 18.71%, Bitterness: 15.67%, Savoriness: 26.04%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 676.68kcal (33.83%), Fat: 44.06g (67.79%), Saturated Fat: 20.3g (126.88%), Carbohydrates: 55.71g (18.57%), Net Carbohydrates: 42.07g (15.3%), Sugar: 11.72g (13.02%), Cholesterol: 74.71mg (24.9%), Sodium: 637.3mg (27.71%), Protein: 19.25g (38.5%), Vitamin A: 33505.65IU (670.11%), Vitamin K: 88.93µg (84.7%), Fiber: 13.64g (54.55%), Vitamin B6: 0.9mg (45.12%), Copper: 0.87mg (43.36%), Potassium: 1371.25mg (39.18%), Manganese: 0.78mg (39%), Vitamin B5: 3.73mg (37.32%), Phosphorus: 345.97mg (34.6%), Vitamin B2: 0.54mg (31.92%), Folate: 119.82µg (29.96%), Magnesium: 100.73mg (25.18%), Vitamin C: 20.46mg (24.8%), Vitamin B1: 0.33mg (22.1%), Vitamin E: 3.3mg (22.01%), Vitamin B3: 4.15mg (20.74%), Calcium: 186.98mg (18.7%), Iron: 3.07mg (17.07%), Zinc: 2.18mg (14.52%), Selenium: 9.97µg (14.24%), Vitamin B12: 0.41µg (6.89%), Vitamin D: 0.61µg (4.1%)