



HEALTH SCORE

41%

Cajun Style Baked Sweet Potato



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



171 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 1 teaspoon brown sugar
- 1 teaspoon brown sugar
- 0.1 teaspoon ground pepper
- 0.3 teaspoon rosemary dried
- 0.3 teaspoon thyme dried
- 0.3 teaspoon garlic powder
- 1.5 teaspoons olive oil

- 0.3 teaspoon onion powder
- 1.5 teaspoons paprika
- 2 large sweet potatoes and into

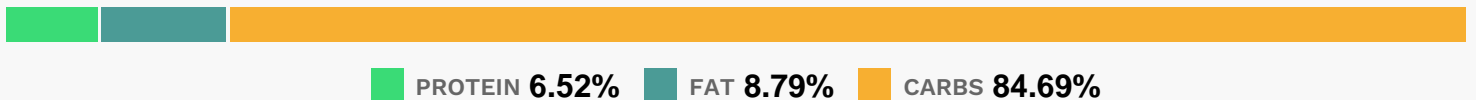
Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a small bowl, stir together paprika, brown sugar, black pepper, onion powder, thyme, rosemary, garlic powder, and cayenne pepper.
- Slice the sweet potatoes in half lengthwise.
- Brush each half with olive oil. Rub the seasoning mix over the cut surface of each half.
- Place sweet potatoes on a baking sheet, or in a shallow pan.
- Bake in preheated oven until tender, or about 1 hour.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:16.93, Inflammation Score:-10, Nutrition Score:12.59913036616%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 170.93kcal (8.55%), Fat: 1.7g (2.62%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 36.97g (12.32%), Net Carbohydrates: 31.49g (11.45%), Sugar: 9.14g (10.16%), Cholesterol: 0mg (0%), Sodium: 94.89mg (4.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Vitamin A: 24516.57IU (490.33%), Manganese: 0.48mg (23.87%), Fiber: 5.47g (21.89%), Vitamin B6: 0.38mg (18.93%), Potassium: 599.63mg (17.13%), Vitamin B5: 1.39mg (13.86%), Copper: 0.27mg (13.36%), Magnesium: 44.76mg (11.19%), Vitamin B1: 0.14mg (9.14%), Phosphorus: 84.02mg (8.4%), Iron: 1.33mg (7.39%), Vitamin B2: 0.11mg (6.73%), Vitamin E: 0.9mg (6.02%), Calcium: 56.93mg (5.69%), Vitamin K: 5.9µg (5.62%), Vitamin B3: 1.04mg (5.18%), Vitamin C: 4.2mg (5.09%), Folate: 19.53µg (4.88%), Zinc: 0.56mg (3.74%), Selenium: 1.17µg (1.67%)