



Chipotle hasselback sweet potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



261 kcal

SIDE DISH

Ingredients

- ☐ 4 sweet potatoes and into
- ☐ 2 tbsp olive oil
- ☐ 1 tbsp chipotle paste
- ☐ 1 lime zest
- ☐ 1 handful cilantro leaves

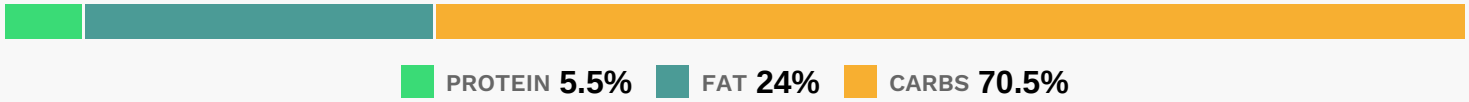
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Slice the potatoes to about three-quarters of the way through at 1cm intervals.
- ☐ Brush with tbsp of the olive oil, place on a baking tray and bake for 35-40 mins. Meanwhile, mix together the remaining oil, the chipotle, lime zest and juice.
- ☐ Remove the potatoes from the oven and brush all over, and down into the slits, with the chipotle mixture. Return to the oven for another 15-20 mins or until cooked through. Scatter with the coriander leaves just before serving.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:22.86, Inflammation Score:-10, Nutrition Score:15.558695575465%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 261.49kcal (13.07%), Fat: 7.15g (11%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 47.27g (15.76%), Net Carbohydrates: 39.99g (14.54%), Sugar: 9.74g (10.82%), Cholesterol: 0mg (0%), Sodium: 125.27mg (5.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.37%), Vitamin A: 32138.47IU (642.77%), Manganese: 0.59mg (29.43%), Fiber: 7.28g (29.11%), Vitamin B6: 0.48mg (24.05%), Potassium: 783.98mg (22.4%), Vitamin B5: 1.85mg (18.5%), Copper: 0.35mg (17.72%), Magnesium: 57.76mg (14.44%), Vitamin C: 10.57mg (12.81%), Vitamin B1: 0.18mg (12.13%), Vitamin E: 1.66mg (11.05%), Phosphorus: 109.71mg (10.97%), Vitamin K: 11.48µg (10.94%), Iron: 1.54mg (8.53%), Vitamin B2: 0.14mg (8.4%), Calcium: 74.07mg (7.41%), Folate: 26.82µg (6.71%), Vitamin B3: 1.3mg (6.52%), Zinc: 0.7mg (4.68%), Selenium: 1.43µg (2.05%)