



Chipotle Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



145 min.

SERVINGS



10

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon chipotle chilies in adobo sauce canned chopped ()
- ☐ 1 teaspoon salt
- ☐ 4 pounds sweet potatoes (4 large)
- ☐ 4 tablespoons butter unsalted cut into pieces

Equipment

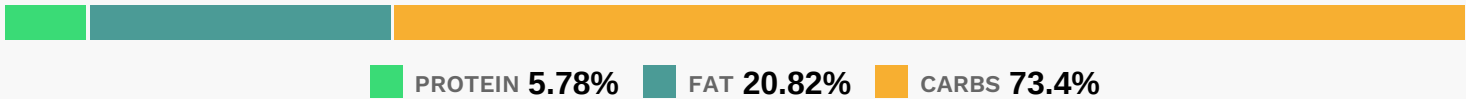
- ☐ food processor
- ☐ baking sheet
- ☐ oven

- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450F. Line a large baking sheet with foil. Prick potatoes all over with a fork and bake until very soft, 1 hour 15 minutes to 1 hour 30 minutes.
- ☐ Let cool. Lower oven temperature to 350F.
- ☐ Cut potatoes in half crosswise and scoop out flesh. In a food processor, puree potato flesh with chilies, sauce, butter and salt.
- ☐ Spread into a greased 2-quart baking dish.
- ☐ Bake uncovered until hot, 40 to 45 minutes.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:5.8, Glycemic Load:18.02, Inflammation Score:-10, Nutrition Score:12.50347831327%

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, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 197.19kcal (9.86%), Fat: 4.63g (7.13%), Saturated Fat: 2.91g (18.18%), Carbohydrates: 36.76g (12.25%), Net Carbohydrates: 31.17g (11.33%), Sugar: 7.69g (8.54%), Cholesterol: 12.04mg (4.01%), Sodium: 332.97mg (14.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.79%), Vitamin A: 25880.48IU (517.61%), Manganese: 0.47mg (23.45%), Fiber: 5.59g (22.37%), Vitamin B6: 0.38mg (18.97%), Potassium: 612.83mg (17.51%), Vitamin B5: 1.46mg (14.58%), Copper: 0.28mg (13.75%), Magnesium: 45.48mg (11.37%), Vitamin B1: 0.14mg (9.45%), Phosphorus: 86.62mg (8.66%), Vitamin B2: 0.11mg (6.62%), Iron: 1.15mg (6.37%), Calcium: 55.92mg (5.59%), Vitamin C: 4.35mg (5.28%), Vitamin B3: 1.01mg (5.06%), Folate: 20.13µg (5.03%), Vitamin E: 0.6mg (4.01%), Zinc: 0.55mg (3.67%), Vitamin K: 3.66µg (3.48%), Selenium: 1.15µg (1.64%)