



Chipotle Twice Baked Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



197 kcal

SIDE DISH

Ingredients

- 1.8 lb sweet potatoes and into
- 0.3 cup skim milk fat-free
- 1 chipotles in adobo finely chopped (from 7-oz can)
- 1 teaspoon chipotle sauce canned (from can of chipotle chiles)
- 0.5 teaspoon salt
- 8 teaspoons cream sour reduced-fat
- 4 teaspoons cilantro leaves fresh chopped

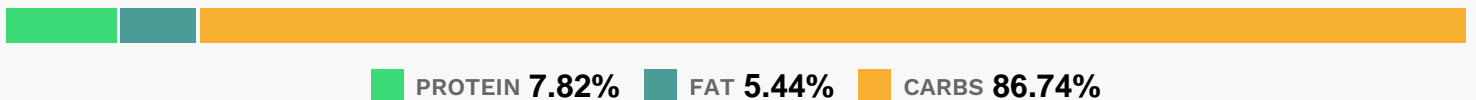
Equipment

- bowl
- frying pan
- oven
- hand mixer
- potato masher

Directions

- Heat oven to 375°F. Gently scrub potatoes but do not peel. Pierce potatoes several times with fork to allow steam to escape while potatoes bake.
- Bake about 45 minutes or until potatoes are tender when pierced in center with a fork.
- When potatoes are cool enough to handle, cut lengthwise down through center of potato to within 1/2 inch of ends and bottom. Carefully scoop out inside, leaving thin shell. In medium bowl, mash potatoes, half-and-half, chile, adobo sauce and salt with potato masher or electric mixer on low speed until light and fluffy.
- Increase oven temperature to 400°F. In 13x9-inch pan, place potato shells. Divide potato mixture evenly among shells.
- Bake uncovered 20 minutes or until potato mixture is golden brown and heated through.
- Just before serving, top each potato with 2 teaspoons sour cream and 1 teaspoon cilantro.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:19.71, Inflammation Score:-10, Nutrition Score:14.020434783205%

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: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 196.82kcal (9.84%), Fat: 1.21g (1.86%), Saturated Fat: 0.71g (4.41%), Carbohydrates: 43.31g (14.44%), Net Carbohydrates: 36.63g (13.32%), Sugar: 9.81g (10.9%), Cholesterol: 3.54mg (1.18%), Sodium: 422.36mg (18.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.81%), Vitamin A: 28193.14IU (563.86%), Fiber: 6.68g (26.73%), Manganese: 0.51mg (25.67%), Vitamin B6: 0.43mg (21.28%), Potassium: 716.69mg (20.48%), Vitamin B5: 1.66mg (16.56%), Copper: 0.3mg (15.19%), Magnesium: 52.81mg (13.2%), Phosphorus: 121.27mg (12.13%), Vitamin B1: 0.17mg (11.09%), Vitamin B2: 0.17mg (9.75%), Calcium: 85.22mg (8.52%), Iron: 1.31mg (7.28%), Vitamin C: 4.97mg (6.02%), Folate: 23.36µg (5.84%), Vitamin B3: 1.13mg (5.65%), Zinc: 0.76mg (5.04%), Vitamin K: 3.95µg (3.76%), Vitamin E: 0.55mg (3.66%), Selenium: 1.87µg (2.67%), Vitamin B12: 0.11µg (1.84%)