



## Chorizo Stuffed Sweet Potato Skins with Black Sesame Bacon Brittle

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



508 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 cup sesame bacon brittle black (see recipe)
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.3 teaspoon chili powder
- ☐ 0.8 pound chorizo mexican style
- ☐ 1 bunch cilantro leaves for garnish
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 teaspoon ground cumin

- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup crema mexicana sour for garnish
- ☐ 2 ounce parmesan grated
- ☐ 0.1 teaspoon freshly cracked pepper black
- ☐ 3 pound sweet potatoes

## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ mixing bowl

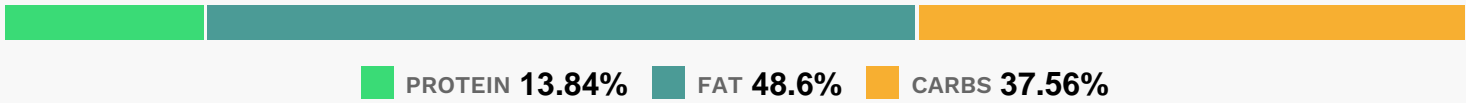
## Directions

- ☐ Preheat oven to 400 degrees F. Wash the sweet potatoes and then prick each tuber all over with a knife so steam can release while baking.
- ☐ Place the sweet potatoes on a parchment lined rimmed baking sheet and cook until tender, about 45–50 minutes.
- ☐ Remove from oven and set aside until cool enough to handle. Reduce the oven temperature to 350 degrees F. In a small bowl, combine the kosher salt, cinnamon, chili powder, cumin, ground cayenne and cracked pepper. Carefully slice each cooled sweet potato one in half lengthwise. Using a small spoon, scoop out the interior, moving it to a medium mixing bowl.
- ☐ Sprinkle some of the spice mixture into each sweet potato hollowed out skins. You might not use it all. Return the skins to the oven to firm up, about 6 minutes.
- ☐ Remove from oven and set aside. Meanwhile, remove the chorizo from the casings. Discard the casings and cook the chorizo in a large skillet over set over medium heat until well browned.
- ☐ Add about 1 cup of the reserved sweet potato to the chorizo and mix until well combined.
- ☐ Remove from heat. Save the remaining sweet potato for another use. Carefully spoon the chorizo–sweet potato mixture back into the sweet potato skins.
- ☐ Sprinkle with Parmesan.
- ☐ Bake an additional 15 minutes.

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Serve warm garnished with the bacon sesame brittle, sour cream, and cilantro. Find recipe for Black Sesame Bacon Brittle [here](#).

# Nutrition Facts



## Properties

Glycemic Index:31.83, Glycemic Load:22.62, Inflammation Score:-10, Nutrition Score:19.468260873919%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg 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: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

## Nutrients (% of daily need)

Calories: 507.68kcal (25.38%), Fat: 27.27g (41.96%), Saturated Fat: 11.41g (71.34%), Carbohydrates: 47.41g (15.8%), Net Carbohydrates: 40.44g (14.71%), Sugar: 9.89g (10.99%), Cholesterol: 77.66mg (25.89%), Sodium: 968.49mg (42.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.48g (34.95%), Vitamin A: 32730.66IU (654.61%), Manganese: 0.63mg (31.56%), Vitamin B6: 0.59mg (29.7%), Fiber: 6.97g (27.89%), Potassium: 867.43mg (24.78%), Phosphorus: 231.75mg (23.18%), Calcium: 214.65mg (21.47%), Vitamin B5: 2.09mg (20.85%), Vitamin C: 16.15mg (19.58%), Vitamin B1: 0.29mg (19.52%), Copper: 0.37mg (18.5%), Magnesium: 67.47mg (16.87%), Selenium: 11.47µg (16.38%), Vitamin B3: 2.92mg (14.6%), Iron: 2.52mg (13.99%), Vitamin B2: 0.21mg (12.13%), Zinc: 1.44mg (9.57%), Vitamin K: 8.61µg (8.2%), Folate: 26.55µg (6.64%), Vitamin E: 0.87mg (5.81%), Vitamin B12: 0.31µg (5.18%), Vitamin D: 0.2µg (1.37%)