



Cinnamon Scented Stuffed Sweet Potatoes



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



232 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 6 servings kosher salt and cracked pepper to taste
- ☐ 1 cup dannon oikos greek nonfat yogurt plain
- ☐ 6 medium sweet potatoes

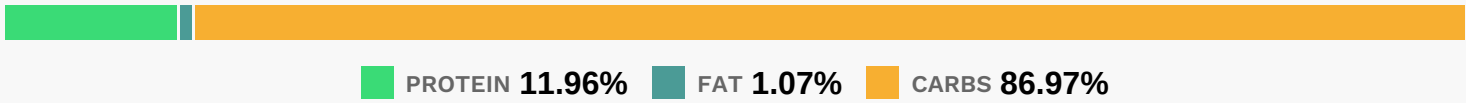
Equipment

- ☐ bowl
- ☐ oven
- ☐ ramekin

Directions

- ☐ Preheat oven 400 degrees F.
- ☐ Scrub sweet potatoes and then oven roast, skin on for 40–45 minutes or until soft to the touch. Cool slightly. Gently cut the top third off the sweet potatoes and scoop filing into a bowl. Reserve skins if using.
- ☐ Mash potatoes with a fork.
- ☐ Add yogurt and spices and mix well. Spoon filling back into the skins or into 6 lightly buttered ramekins.
- ☐ Sprinkle each with 1 tsp. brown sugar.
- ☐ Set to bake for 15–18 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:22.17, Glycemic Load:22.46, Inflammation Score:-10, Nutrition Score:16.043913063796%

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: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 231.71kcal (11.59%), Fat: 0.28g (0.43%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 51.04g (17.01%), Net Carbohydrates: 44.04g (16.01%), Sugar: 14.45g (16.06%), Cholesterol: 1.67mg (0.56%), Sodium: 331.3mg (14.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.04%), Vitamin A: 32065.07IU (641.3%), Manganese: 0.71mg (35.26%), Fiber: 7g (27.99%), Vitamin B6: 0.5mg (24.85%), Potassium: 817.91mg (23.37%), Vitamin B5: 1.93mg (19.26%), Copper: 0.35mg (17.59%), Magnesium: 61.24mg (15.31%), Phosphorus: 152.38mg (15.24%), Vitamin B2: 0.23mg (13.65%), Vitamin B1: 0.18mg (12.27%), Calcium: 111.92mg (11.19%), Iron: 1.5mg (8.31%), Selenium: 4.81µg (6.87%), Folate: 27.34µg (6.83%), Vitamin B3: 1.36mg (6.78%), Vitamin C: 5.44mg (6.59%), Zinc: 0.87mg (5.8%),

Vitamin E: 0.6mg (3.99%), Vitamin K: 4.17µg (3.97%), Vitamin B12: 0.23µg (3.89%)