



Creamy Sweet Potato Dip

 Vegetarian

READY IN



15 min.

SERVINGS



1

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon chipotle chile dried
- 0.3 teaspoon honey
- 0.5 wholewheat pita breads whole-wheat split cut into 8 pieces
- 1 tablespoon greek yogurt plain low-fat
- 0.1 teaspoon salt
- 0.3 cup sweet potatoes and into mashed

Equipment

- bowl

baking sheet

oven

Directions

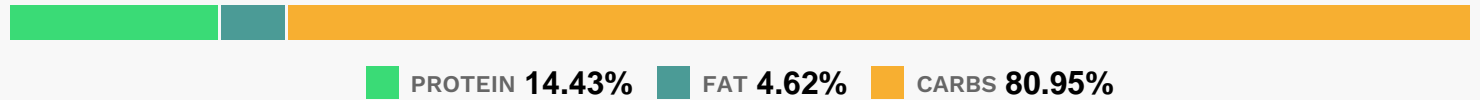
Preheat oven to 35

Arrange pita pieces on a baking sheet; bake at 350 for 10 minutes until crisp.

While pita bakes, combine sweet potato, yogurt, honey, chile powder, and salt in a small bowl; stir with a fork until smooth.

Serve with warm pita chips.

Nutrition Facts



Properties

Glycemic Index:207.27, Glycemic Load:19.68, Inflammation Score:-10, Nutrition Score:7.9960869667323%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 133.87kcal (6.69%), Fat: 0.68g (1.05%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 26.99g (9%), Net Carbohydrates: 24.86g (9.04%), Sugar: 4.15g (4.61%), Cholesterol: 0.87mg (0.29%), Sodium: 471.9mg (20.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Vitamin A: 6298.27IU (125.97%), Manganese: 0.25mg (12.56%), Fiber: 2.13g (8.5%), Vitamin B1: 0.11mg (7.29%), Copper: 0.11mg (5.74%), Calcium: 55.22mg (5.52%), Potassium: 183.97mg (5.26%), Vitamin B6: 0.1mg (5.13%), Phosphorus: 48.07mg (4.81%), Vitamin B5: 0.47mg (4.67%), Magnesium: 18.41mg (4.6%), Vitamin B3: 0.85mg (4.24%), Iron: 0.67mg (3.73%), Vitamin B2: 0.05mg (3.23%), Folate: 11.63µg (2.91%), Zinc: 0.37mg (2.49%), Vitamin C: 1.07mg (1.3%)