






# South American Bean and Sweet Potato Bake

 Vegetarian  Gluten Free  Dairy Free

READY IN  
  
85 min.

SERVINGS  
  
4

CALORIES  
  
499 kcal

SIDE DISH

## Ingredients

- 14 ounce kidney beans drained canned
- 1 stalk celery chopped
- 3 tablespoons cornmeal instant ( polenta)
- 0.8 ounce chocolate dark
- 1 large eggs beaten
- 2 garlic clove crushed peeled
- 2 teaspoons ground cinnamon
- 2 teaspoons ground cumin

- 3 tablespoons olive oil
- 1 large onion halved chopped
- 0.5 teaspoon paprika
- 1 to 5 chillies red chopped (mild)
- 2 bell pepper red roughly chopped
- 1 pinch salt
- 1 tablespoon sugar
- 14 ounces sweet potatoes and into peeled chopped
- 14 ounce regular corn canned (in water)
- 2 tablespoons tomato purée
- 2.3 cups vegetable stock

## Equipment

- sauce pan
- oven
- blender

## Directions

- Heat the oil in a large saucepan and cook onion, peppers and celery for 8 minutes; stir in the next 9 ingredients (or in other words, everything except the topping ingredients) and simmer for 25 minutes; spoon the mixture into a large oven proof dish. Preheat the oven to 375 F / 190 C /gas mark
- Drain off 4 tbsps water from the sweetcorn, then whizz the rest of the contents of the tin in a blender; place pureed sweetcorn in a saucepan, add polenta and stir and simmer to thicken. Allow sweetcorn mix to cool then beat in the egg; spread the mix over the filling and sprinkle over with paprika, sugar and salt.
- Bake for 35 minutes.

## Nutrition Facts



## Properties

Glycemic Index:140.77, Glycemic Load:33.66, Inflammation Score:-10, Nutrition Score:31.207825925039%

## Flavonoids

Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

## Nutrients (% of daily need)

Calories: 498.97kcal (24.95%), Fat: 16.87g (25.96%), Saturated Fat: 3.59g (22.46%), Carbohydrates: 79.15g (26.38%), Net Carbohydrates: 64.13g (23.32%), Sugar: 21.33g (23.71%), Cholesterol: 46.66mg (15.55%), Sodium: 884.71mg (38.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.25mg (1.42%), Protein: 14.61g (29.22%), Vitamin A: 16884.32IU (337.69%), Vitamin C: 105.48mg (127.85%), Manganese: 1.26mg (63.13%), Fiber: 15.02g (60.1%), Vitamin B6: 0.81mg (40.73%), Potassium: 1199.79mg (34.28%), Phosphorus: 331.7mg (33.17%), Magnesium: 123.51mg (30.88%), Copper: 0.55mg (27.48%), Folate: 109.85µg (27.46%), Iron: 4.87mg (27.03%), Vitamin B1: 0.38mg (25.07%), Vitamin B5: 2.3mg (23.03%), Vitamin E: 3.41mg (22.73%), Vitamin K: 21.45µg (20.43%), Vitamin B2: 0.34mg (20.19%), Vitamin B3: 3.97mg (19.87%), Zinc: 2.48mg (16.51%), Calcium: 115.41mg (11.54%), Selenium: 7.26µg (10.38%), Vitamin B12: 0.13µg (2.1%), Vitamin D: 0.25µg (1.67%)