

Grilled Chipotle Sweet Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



161 kcal

SIDE DISH

Ingredients

- 2 tablespoons apple cider vinegar
- 0.5 teaspoon chipotle sauce
- 0.5 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 0.3 cup olive oil
- 1 teaspoon paprika
- 1 teaspoon salt
- 4 sweet potatoes and into

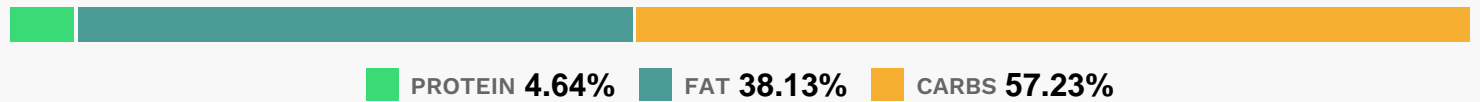
Equipment

- oven
- grill
- microwave

Directions

- Preheat an outdoor grill for medium heat, and lightly oil the grate.
- Cook potatoes on High heat in a microwave oven until softened slightly, about 10 minutes.
- Cut potatoes lengthwise into 1/2-inch thick sticks.
- Combine salt, cumin, paprika, cinnamon, chipotle powder, vinegar, and olive oil in a large container with a tight-fitting lid.
- Place sweet potatoes in spice mixture; cover and shake gently until well coated.
- Grill over low to medium heat, turning often and basting with any leftover sauce. Cook until sweet potatoes are fork-tender, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:11.25, Inflammation Score:-10, Nutrition Score:10.157391351202%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 160.6kcal (8.03%), Fat: 6.91g (10.63%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 23.33g (7.78%), Net Carbohydrates: 19.67g (7.15%), Sugar: 4.9g (5.44%), Cholesterol: 0mg (0%), Sodium: 354.02mg (15.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Vitamin A: 16157.99IU (323.16%), Manganese: 0.34mg (16.79%), Fiber: 3.66g (14.63%), Vitamin B6: 0.24mg (12.14%), Potassium: 394.38mg (11.27%), Vitamin B5: 0.91mg (9.11%), Vitamin E: 1.35mg (9%), Copper: 0.18mg (8.78%), Magnesium: 29.88mg (7.47%), Vitamin K: 6.35µg (6.05%),

Vitamin B1: 0.09mg (6.04%), Phosphorus: 55.52mg (5.55%), Iron: 0.97mg (5.37%), Vitamin B2: 0.07mg (4.29%), Calcium: 38.56mg (3.86%), Vitamin B3: 0.67mg (3.34%), Vitamin C: 2.74mg (3.32%), Folate: 12.59µg (3.15%), Zinc: 0.37mg (2.44%), Selenium: 0.72µg (1.02%)