



Grilled Stuffed Sweet Potatoes

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



257 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 4 servings butter
- ☐ 2 tablespoons orange marmalade
- ☐ 0.5 teaspoon salt
- ☐ 24 oz sweet potatoes and into

Equipment

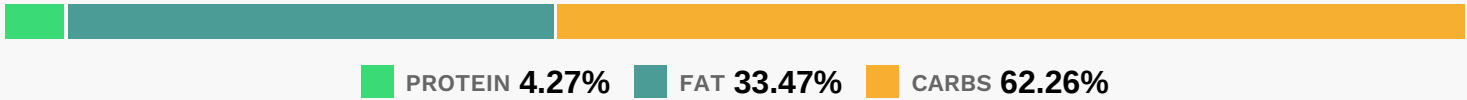
- ☐ bowl
- ☐ paper towels

- ☐ grill
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Prick sweet potatoes several times with fork; place on paper towel in microwave. Microwave on High 8 to 10 minutes, turning potatoes over once halfway through cooking, just until potatoes are almost tender.
- ☐ Let stand 10 minutes.
- ☐ Heat gas or charcoal grill.
- ☐ Cut potatoes in half lengthwise. Scoop pulp into medium bowl, leaving a 1/4-inch layer in each half. Mash pulp well. Stir in 2 tablespoons butter, the marmalade and salt. Spoon mixture into potato shells.
- ☐ When grill is heated, place potatoes on gas grill over medium heat or on charcoal grill over medium coals; close grill or cover with tent of foil. Cook 8 to 10 minutes or until thoroughly heated. Top with butter before serving.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:16.89, Inflammation Score:-10, Nutrition Score:12.157826107481%

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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 257.06kcal (12.85%), Fat: 9.77g (15.04%), Saturated Fat: 3.77g (23.56%), Carbohydrates: 40.92g (13.64%), Net Carbohydrates: 35.75g (13%), Sugar: 13.11g (14.57%), Cholesterol: 10.75mg (3.58%), Sodium: 488mg (21.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.61%), Vitamin A: 24513.22IU (490.26%), Manganese: 0.44mg (22.08%), Fiber: 5.17g (20.69%), Vitamin B6: 0.36mg (17.91%), Potassium: 581.13mg (16.6%), Vitamin B5: 1.37mg (13.74%), Copper: 0.27mg (13.3%), Magnesium: 43.04mg (10.76%), Vitamin B1: 0.13mg (8.94%), Phosphorus:

83.16mg (8.32%), Vitamin B2: 0.11mg (6.5%), Iron: 1.06mg (5.87%), Calcium: 58.31mg (5.83%), Vitamin C: 4.58mg (5.55%), Vitamin E: 0.78mg (5.21%), Folate: 19.83µg (4.96%), Vitamin B3: 0.96mg (4.78%), Zinc: 0.52mg (3.46%), Vitamin K: 3.41µg (3.25%), Selenium: 1.13µg (1.62%)