



WHATSheATE



Grilled Sweet Potato and Pepper Packs



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 2 medium sweet potatoes and into peeled cut into 1-inch pieces
- ☐ 1 medium bell pepper yellow cut into 1-inch pieces

Equipment

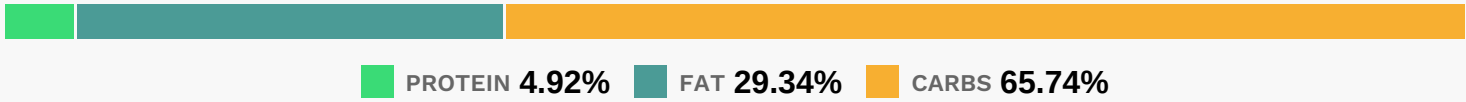
- ☐ bowl

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat coals or gas grill for direct heat.
- ☐ Cut 18x18-inch piece of heavy-duty foil; spray with cooking spray.
- ☐ Place sweet potatoes and bell pepper on center of foil.
- ☐ Mix butter, honey and seasoned salt in small bowl.
- ☐ Drizzle over potato mixture; stir to mix. Fold foil over vegetables so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion.
- ☐ Cover and grill packet over medium heat 15 to 20 minutes or until sweet potatoes are tender.
- ☐ Place packet on serving platter.
- ☐ Cut large X across top of packet; unfold foil.
- ☐ Sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:38.82, Glycemic Load:13.48, Inflammation Score:-10, Nutrition Score:13.218695702436%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 171.73kcal (8.59%), Fat: 5.76g (8.86%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 29.04g (9.68%), Net Carbohydrates: 25.35g (9.22%), Sugar: 9.05g (10.05%), Cholesterol: 0mg (0%), Sodium: 419.67mg (18.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.35%), Vitamin A: 16373.85IU (327.48%), Vitamin C: 57.78mg (70.04%), Manganese: 0.33mg (16.7%), Fiber: 3.69g (14.75%), Vitamin B6: 0.29mg (14.45%), Potassium: 451.83mg (12.91%), Copper: 0.21mg (10.29%), Vitamin B5: 0.97mg (9.66%), Magnesium: 32.46mg (8.11%), Vitamin B1:

0.1mg (6.52%), Phosphorus: 62.51mg (6.25%), Folate: 21.13µg (5.28%), Vitamin B2: 0.08mg (4.81%), Iron: 0.86mg (4.79%), Vitamin B3: 0.91mg (4.54%), Calcium: 40.46mg (4.05%), Vitamin K: 3.63µg (3.46%), Vitamin E: 0.51mg (3.42%), Zinc: 0.41mg (2.71%), Selenium: 0.82µg (1.17%)