



Grilled Sweet Potato Tacos with Ancho Chile-Maple Syrup Glaze

 Vegetarian  Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

667 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ancho chile powder
- ☐ 8 corn tortillas blue
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup maple syrup
- ☐ 1 cup monterrey jack cheese grated
- ☐ 0.3 cup olive oil
- ☐ 4 servings salt and pepper freshly ground

- ☐ 4 servings salt and pepper white to taste
- ☐ 2 medium sweet potatoes boiled peeled cut into 1/ round slices
- ☐ 1 cup cheddar cheese white grated

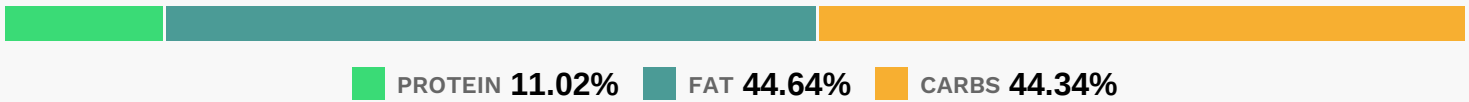
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat the oven to 400 F.
- ☐ Using 1 tortilla for each serving, place 1/4 cup of each cheese over half the tortilla's surface, top with 3 slices of sweet potatoes and season with salt and white pepper to taste.
- ☐ Fold the tortilla over the filling to make a semicircle. Before serving brush the top lightly with oil and sprinkle with ancho chile powder.
- ☐ Bake for 6 minutes or until crisp.
- ☐ Serve 2 per person and drizzle each with the maple glaze
- ☐ Combine the ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:31.43, Inflammation Score:-10, Nutrition Score:25.35913029961%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg 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, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 667.11kcal (33.36%), Fat: 33.62g (51.72%), Saturated Fat: 13g (81.23%), Carbohydrates: 75.12g (25.04%), Net Carbohydrates: 67.6g (24.58%), Sugar: 29.73g (33.03%), Cholesterol: 53.39mg (17.8%), Sodium: 905.33mg

(39.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.67g (37.34%), Vitamin A: 17128.32IU (342.57%), Manganese: 1.44mg (72.17%), Calcium: 539.7mg (53.97%), Vitamin B2: 0.87mg (51.17%), Phosphorus: 481.26mg (48.13%), Fiber: 7.52g (30.09%), Selenium: 17.63µg (25.18%), Magnesium: 94.19mg (23.55%), Vitamin E: 3.44mg (22.96%), Zinc: 3.3mg (21.98%), Vitamin B6: 0.44mg (21.82%), Potassium: 657.57mg (18.79%), Copper: 0.29mg (14.61%), Vitamin K: 13.72µg (13.06%), Vitamin B1: 0.19mg (12.54%), Iron: 2.11mg (11.7%), Vitamin B5: 1.17mg (11.66%), Vitamin B12: 0.53µg (8.9%), Vitamin B3: 1.74mg (8.68%), Folate: 26.87µg (6.72%), Vitamin C: 2.74mg (3.32%), Vitamin D: 0.34µg (2.26%)