



## Grilled Sweet Potatoes with Chipotle Dip

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



20

CALORIES



69 kcal

SIDE DISH

### Ingredients

- 0.5 chipotle chile in adobo seeds removed, chopped ( 1 tbsp.) canned
- 1 tablespoon cilantro leaves fresh chopped
- 1.5 teaspoons garlic salt
- 2 tablespoons juice of lime
- 0.5 cup mayonnaise reduced-fat
- 0.5 teaspoon salt
- 20 servings salt
- 0.5 cup cup heavy whipping cream fat-free sour

- 4 sweet potatoes peeled halved lengthwise cut into 4 wedges ( )
- 2 tablespoons vegetable oil

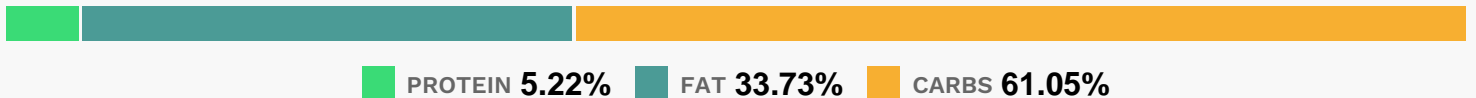
## Equipment

- food processor
- paper towels
- pot
- grill

## Directions

- Make dip: Puree all ingredients in a food processor until smooth, with red and green flecks still visible. Cover and chill.
- Make sweet potatoes: Bring a large pot of salted water to a boil; add potato wedges. Cook for 5 minutes.
- Drain on a paper towel-lined tray; pat dry.
- Let cool. Preheat grill to medium. Oil grates.
- Toss potato wedges with oil; sprinkle with garlic salt. Grill potatoes, turning often, until just tender and slightly charred, 8 to 10 minutes. Just before serving, taste dip; add additional salt and pepper, if desired.
- Serve potato wedges with dip on the side.

## Nutrition Facts



## Properties

Glycemic Index:4.5, Glycemic Load:4.49, Inflammation Score:-10, Nutrition Score:6.8756521849529%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

0.02mg, Quercetin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 69.11kcal (3.46%), Fat: 2.63g (4.04%), Saturated Fat: 0.41g (2.56%), Carbohydrates: 10.7g (3.57%), Net Carbohydrates: 9.3g (3.38%), Sugar: 2.16g (2.4%), Cholesterol: 1.41mg (0.47%), Sodium: 505.66mg (21.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.83%), Vitamin A: 6433.22IU (128.66%), Vitamin K: 6.39µg (6.09%), Manganese: 0.12mg (5.92%), Fiber: 1.4g (5.6%), Vitamin B6: 0.1mg (4.82%), Potassium: 163.42mg (4.67%), Vitamin B5: 0.37mg (3.67%), Copper: 0.07mg (3.55%), Magnesium: 12.12mg (3.03%), Phosphorus: 27.77mg (2.78%), Vitamin B1: 0.04mg (2.56%), Vitamin E: 0.36mg (2.37%), Calcium: 21.57mg (2.16%), Vitamin B2: 0.04mg (2.14%), Vitamin C: 1.54mg (1.87%), Iron: 0.3mg (1.66%), Folate: 5.99µg (1.5%), Vitamin B3: 0.26mg (1.29%), Zinc: 0.17mg (1.14%), Selenium: 0.72µg (1.03%)