



# Grilled Sweet Potatoes with Sour Cream and Lime

 Vegetarian  Gluten Free

READY IN



140 min.

SERVINGS



6

CALORIES



223 kcal

SIDE DISH

## Ingredients

- 6 servings pepper black freshly ground
- 2 pinches ground pepper
- 2 tablespoons cilantro leaves fresh coarsely chopped
- 0.5 teaspoon ground cumin
- 6 servings kosher salt
- 1 teaspoon juice of lime freshly squeezed
- 2 teaspoons lime zest finely grated

- 0.7 cup cream sour
- 2 pounds sweet potatoes and into scrubbed
- 2 tablespoons vegetable oil plus more for oiling the grill

## Equipment

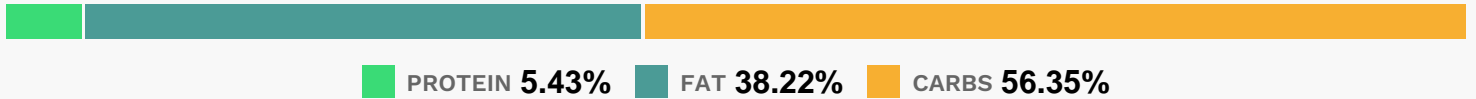
- bowl
- frying pan
- baking sheet
- knife
- pot
- grill
- colander
- grill pan

## Directions

- Place the sweet potatoes in a large pot of heavily salted water and bring to a boil over high heat. Reduce the heat to medium and simmer until a paring knife can easily be inserted, about 20 to 30 minutes.
- Drain the sweet potatoes in a colander in the sink and let cool slightly, about 10 minutes.
- Transfer to a baking sheet or large plate and arrange in a single layer. Refrigerate until cool, at least 1 hour. Meanwhile, heat the oil in a small frying pan over medium heat until shimmering.
- Remove the pan from heat, add the cumin and cayenne, and stir to combine. Set aside to cool.
- Combine the sour cream, lime zest, and lime juice in a small bowl. Taste and season with salt and pepper as needed; refrigerate until ready to use. When the sweet potatoes are ready, heat a grill pan or outdoor grill to medium high (about 375°F to 425°F). Meanwhile, halve the sweet potatoes lengthwise.
- Cut the halves lengthwise into 1/2- to 3/4-inch-thick wedges and place in a single layer on a baking sheet. Stir the oil mixture to reincorporate the spices.
- Brush the cut sides of the potato wedges with the oil mixture and season generously with salt and pepper. When the grill is hot, rub the grates with a towel dipped in vegetable oil.

- Place the sweet potato wedges on the grill in a single layer and cut-side down, cover the grill, and cook until grill marks appear, about 2 to 3 minutes. Flip the wedges to the other cut side, cover the grill, and cook until grill marks appear, about 2 to 3 minutes more.
- Transfer to a serving platter, dollop with the sour cream mixture, and sprinkle with the cilantro.
- Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:31.83, Glycemic Load:15.08, Inflammation Score:-10, Nutrition Score:12.499565191891%

### Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

### Nutrients (% of daily need)

Calories: 223.08kcal (11.15%), Fat: 9.67g (14.87%), Saturated Fat: 3.31g (20.72%), Carbohydrates: 32.08g (10.69%), Net Carbohydrates: 27.38g (9.96%), Sugar: 7.26g (8.06%), Cholesterol: 15.08mg (5.03%), Sodium: 285.36mg (12.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Vitamin A: 21760.71IU (435.21%), Manganese: 0.42mg (20.96%), Fiber: 4.7g (18.78%), Vitamin B6: 0.34mg (16.82%), Potassium: 554.89mg (15.85%), Vitamin B5: 1.3mg (13%), Copper: 0.24mg (11.9%), Vitamin K: 12.3µg (11.72%), Magnesium: 41.79mg (10.45%), Phosphorus: 92.75mg (9.28%), Vitamin B1: 0.13mg (8.39%), Vitamin B2: 0.14mg (8.2%), Calcium: 74.2mg (7.42%), Vitamin E: 0.97mg (6.49%), Iron: 1.1mg (6.09%), Vitamin C: 4.61mg (5.58%), Folate: 18.77µg (4.69%), Vitamin B3: 0.91mg (4.54%), Zinc: 0.56mg (3.72%), Selenium: 1.9µg (2.72%)