

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



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.

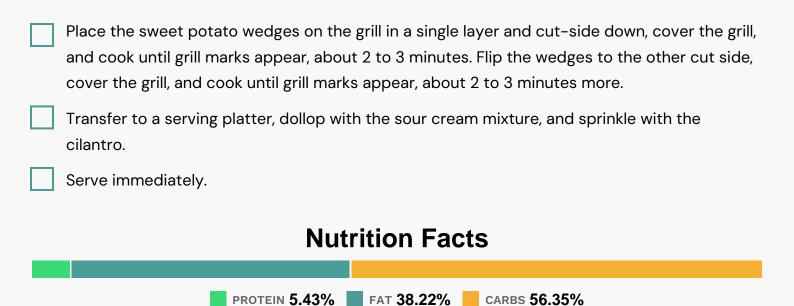
Transfer to a baking sheet or large plate and arrange in a single layer. Refrigerate until cool, at least 1 hour.Meanwhile, heat the oil in a small frying pan over medium heat until shimmering.

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.



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: Og (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%)