



Harvest Stuffed Sweets

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



246 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 1 cup carrots diced peeled
- 0.5 teaspoon thyme leaves dried
- 3 garlic cloves minced
- 1 tablespoon juice of lemon
- 0.3 cup buttermilk low-fat
- 1 cup parsnips diced peeled
- 2 cups rutabaga diced peeled

- 0.5 teaspoon salt
- 48 ounce sweet potatoes

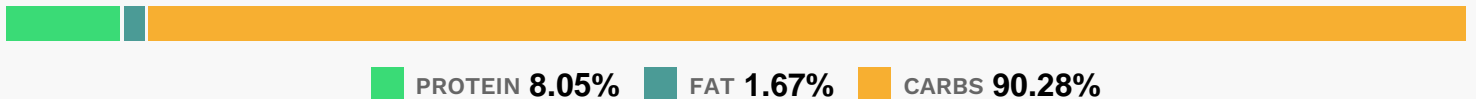
Equipment

- baking sheet
- sauce pan
- oven
- aluminum foil

Directions

- Preheat oven to 37
- Wrap potatoes in foil; bake at 375 for 1 hour or until tender.
- Place rutabaga in a large saucepan; cover with water. Bring to a boil. Cook 5 minutes.
- Add carrot; cook for 5 minutes.
- Add parsnip; cook for 5 minutes or until rutabaga is tender.
- Drain; mash vegetables to desired consistency. Stir in buttermilk and remaining ingredients.
- Unwrap potatoes; cut a 1/4-inch slice from the top of each potato; scoop out pulp, leaving a 1/4-inch-thick shell.
- Add pulp to rutabaga mixture; stir well. Stuff the shells with the potato mixture, and place on a baking sheet.
- Bake at 375 for 10 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:48.47, Glycemic Load:26.98, Inflammation Score:-10, Nutrition Score:19.853043525115%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg 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: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 246.24kcal (12.31%), Fat: 0.47g (0.72%), Saturated Fat: 0.17g (1.03%), Carbohydrates: 57.1g (19.03%), Net Carbohydrates: 47.45g (17.25%), Sugar: 14.36g (15.95%), Cholesterol: 0.53mg (0.18%), Sodium: 361.14mg (15.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.18%), Vitamin A: 35750.63IU (715.01%), Manganese: 0.84mg (42.21%), Fiber: 9.65g (38.61%), Potassium: 1088.58mg (31.1%), Vitamin B6: 0.6mg (29.75%), Vitamin C: 23.75mg (28.78%), Vitamin B5: 2.13mg (21.3%), Copper: 0.4mg (20.1%), Magnesium: 77.34mg (19.34%), Vitamin B1: 0.26mg (17.44%), Phosphorus: 169.19mg (16.92%), Folate: 55.11µg (13.78%), Vitamin K: 13.63µg (12.98%), Calcium: 123.52mg (12.35%), Vitamin B2: 0.2mg (11.97%), Iron: 1.93mg (10.72%), Vitamin B3: 1.98mg (9.9%), Vitamin E: 1.22mg (8.13%), Zinc: 1.06mg (7.04%), Selenium: 2.6µg (3.71%)