



Hasselback Sweet Potatoes



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



241 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon thyme leaves fresh finely chopped
- ☐ 1 garlic clove finely grated
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup nonfat yogurt greek-style
- ☐ 1 teaspoon olive oil
- ☐ 1 scallion white green chopped
- ☐ 4 medium sweet potatoes
- ☐ 1 tablespoon butter unsalted melted

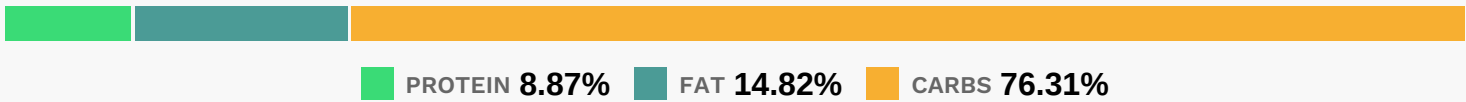
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 425 degrees F. Line a baking sheet with aluminum foil.
- ☐ Make a series of 1/8-inch slices along each potato, slicing 2/3 of the way through.
- ☐ Stir together the butter, oil, thyme, garlic, 1/4 teaspoon salt and 1/4 teaspoon pepper in a small bowl. Rub the potatoes all over with the mixture, getting in between the slices.
- ☐ Place on the baking sheet and roast until the center of the potatoes are tender and the outside is crisp, 50 minutes to 1 hour. Halfway through the roasting time, remove the potatoes from the oven and run a fork gently across the tops of the potatoes, using light pressure, to fan the slices and separate them from one another.
- ☐ Meanwhile, stir the yogurt and scallions with a pinch salt and a pinch pepper.
- ☐ Serve the sauce with the potatoes.
- ☐ Per serving: Calories: 150; Total Fat 4 grams; Saturated Fat: 2 grams; Protein: 4 grams; Total carbohydrates: 24 grams; Sugar: 8 grams; Fiber: 4 grams; Cholesterol: 10 milligrams; Sodium: 260 milligrams

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:22.59, Inflammation Score:-10, Nutrition Score:15.813913058975%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol:

0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 241.3kcal (12.06%), Fat: 4.03g (6.21%), Saturated Fat: 2g (12.5%), Carbohydrates: 46.73g (15.58%), Net Carbohydrates: 39.77g (14.46%), Sugar: 10.07g (11.19%), Cholesterol: 8.36mg (2.79%), Sodium: 131.38mg (5.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.87%), Vitamin A: 32205.03IU (644.1%), Manganese: 0.62mg (31.17%), Fiber: 6.97g (27.88%), Vitamin B6: 0.5mg (24.81%), Potassium: 801.63mg (22.9%), Vitamin B5: 1.88mg (18.77%), Copper: 0.35mg (17.67%), Magnesium: 60.16mg (15.04%), Phosphorus: 132.67mg (13.27%), Vitamin B1: 0.18mg (12.24%), Vitamin B2: 0.19mg (11.27%), Vitamin K: 11.3µg (10.76%), Calcium: 93.14mg (9.31%), Iron: 1.55mg (8.61%), Vitamin C: 7.02mg (8.51%), Folate: 28.32µg (7.08%), Vitamin B3: 1.33mg (6.63%), Vitamin E: 0.83mg (5.55%), Zinc: 0.8mg (5.33%), Selenium: 3.17µg (4.53%), Vitamin B12: 0.12µg (2.04%)