



## Hot & spicy sweet potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



6

CALORIES



183 kcal

SIDE DISH

### Ingredients

- ☐ 2 large sweet potatoes and into ( 500g 1lb 4oz each)
- ☐ 4 tbsp olive oil
- ☐ 2 tbsp thyme sprigs fresh
- ☐ 1 scotch bonnet peppers red seeded finely chopped

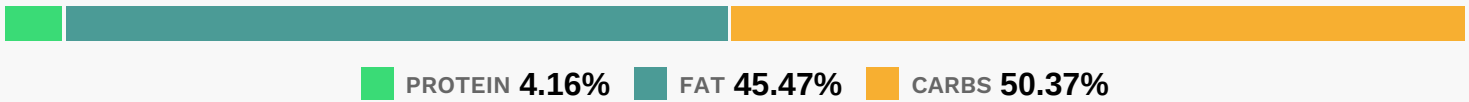
### Equipment

- ☐ knife
- ☐ aluminum foil

# Directions

- ☐ Peel the sweet potatoes and cut crossways into slices 2.5cm thick.
- ☐ Lay each potato on a large sheet of foil, keeping the slices together.
- ☐ Drizzle each potato with the olive oil, sprinkle with the thyme leaves, about half of the chopped chilli and season with plenty of salt and pepper. With your hands, massage the flavourings into each slice. Replace the slices in their original positions.
- ☐ Lay a thyme sprig across the top of each potato and sprinkle with the remaining chilli. Wrap the foil securely round the potatoes to make two parcels. (You can prepare to this stage up to 24 hours ahead.)
- ☐ Put the foil parcels on the rack over the hottest part of the barbecue and cook for 45 minutes until the potatoes are buttery and softened. (Unwrap and test with the point of a knife to check if theyre ready).

## Nutrition Facts



## Properties

Glycemic Index:24.67, Glycemic Load:11.42, Inflammation Score:-10, Nutrition Score:10.855217436086%

## Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 183kcal (9.15%), Fat: 9.44g (14.52%), Saturated Fat: 1.32g (8.25%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 19.77g (7.19%), Sugar: 4.83g (5.36%), Cholesterol: 0mg (0%), Sodium: 62.88mg (2.73%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.94g (3.88%), Vitamin A: 16205.32IU (324.11%), Manganese: 0.34mg (16.78%), Fiber: 3.75g (15.01%), Vitamin B6: 0.25mg (12.67%), Potassium: 401.6mg (11.47%), Vitamin E: 1.65mg (11%), Vitamin C: 8.85mg (10.73%), Copper: 0.19mg (9.31%), Vitamin B5: 0.92mg (9.2%), Magnesium: 32.45mg (8.11%), Vitamin K: 7.89µg (7.52%), Iron: 1.17mg (6.49%), Vitamin B1: 0.09mg (6.05%), Phosphorus: 56.46mg (5.65%), Vitamin B2: 0.08mg (4.8%), Calcium: 43.78mg (4.38%), Vitamin B3: 0.69mg (3.47%), Folate: 13.9µg (3.47%), Zinc: 0.39mg (2.58%)