



Maple-Topped Sweet Potato Skins



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



376 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 3 tablespoons butter softened
- ☐ 2 teaspoons cinnamon divided
- ☐ 0.5 cup cream cheese softened
- ☐ 2 teaspoons ground ginger divided
- ☐ 1 slices maple syrup
- ☐ 2 teaspoons nutmeg divided
- ☐ 0.3 cup cream sour

- ☐ 6 sweet potatoes and into
- ☐ 2 cups walnuts chopped

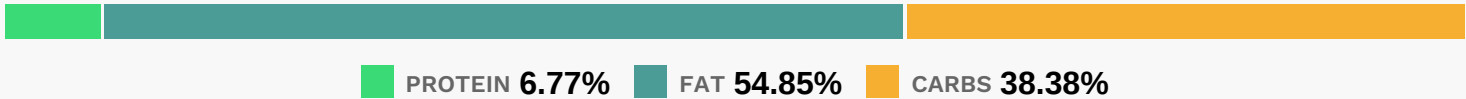
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ microwave

Directions

- ☐ Pierce potatoes with a fork.
- ☐ Place on an ungreased baking sheet.
- ☐ Bake at 400 for 45 minutes to one hour or microwave on high 15 to 20 minutes, or until tender; cool.
- ☐ Slice each potato in half lengthwise; scoop out pulp, keeping skins intact. Mash pulp in a mixing bowl until smooth; add cream cheese, sour cream and one teaspoon each of spices.
- ☐ Mix well and spoon into potato skins. Stir together nuts, brown sugar, butter and remaining spices; sprinkle over top.
- ☐ Place potato skins on an ungreased baking sheet; bake at 400 for 15 minutes. If desired, drizzle with warm syrup and garnish with apple slices and additional nuts.
- ☐ Variation: For a savory version, mash the pulp with 1/2 cup grated Parmasean cheese, the finely grated zest juice of 1 orange, 3 teaspoons salt, 2 teaspoons ground pepper and 3 tablespoons butter; garnish with 1/3 cup lightly toasted pine nuts.

Nutrition Facts



Properties

Glycemic Index:26.65, Glycemic Load:14.07, Inflammation Score:-10, Nutrition Score:17.023913217627%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 376.47kcal (18.82%), Fat: 23.92g (36.8%), Saturated Fat: 6.61g (41.29%), Carbohydrates: 37.65g (12.55%), Net Carbohydrates: 31.66g (11.51%), Sugar: 12.44g (13.82%), Cholesterol: 23.89mg (7.96%), Sodium: 141.24mg (6.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.28%), Vitamin A: 19537.17IU (390.74%), Manganese: 1.37mg (68.55%), Copper: 0.59mg (29.49%), Fiber: 5.99g (23.95%), Vitamin B6: 0.42mg (21.2%), Magnesium: 74.9mg (18.72%), Potassium: 599.29mg (17.12%), Phosphorus: 164.22mg (16.42%), Vitamin B5: 1.32mg (13.17%), Vitamin B1: 0.19mg (12.75%), Folate: 39.78µg (9.94%), Iron: 1.69mg (9.38%), Vitamin B2: 0.16mg (9.26%), Calcium: 91.31mg (9.13%), Zinc: 1.24mg (8.28%), Vitamin B3: 1.09mg (5.45%), Selenium: 3.5µg (5%), Vitamin E: 0.74mg (4.95%), Vitamin C: 3.64mg (4.41%), Vitamin K: 3.82µg (3.64%)