



Quick-and-Easy Twice-Baked Sweet Potatoes



Vegetarian



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



153 kcal

SIDE DISH

Ingredients



6 servings cilantro leaves for garnish



1 large eggs lightly beaten



1 teaspoon ginger fresh grated peeled



2 lime



1 tablespoon olive oil



0.5 teaspoon salt



1 teaspoon sesame seed for garnish, optional



6 small sweet potatoes and into

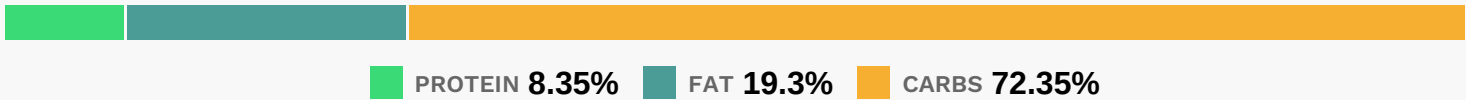
Equipment

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

Directions

- ☐ Preheat oven to 400F. Line a baking sheet with foil and add sweet potatoes. Roast until they are tender (about 50–55 minutes). Set aside to cool.
- ☐ Slice potato skins open. Scoop out flesh, leaving a 1/2–inch–thick layer inside skins, and add to a large bowl. Return scooped–out skins to baking sheet.
- ☐ Mash sweet–potato flesh with a fork. Stir in olive oil, egg, ginger, and salt, and beat together with fork until smooth. Spoon filling into the 6 reserved skins.
- ☐ Bake until the tops are puffed and lightly golden brown (about 25 minutes).
- ☐ Sprinkle the potatoes with cilantro and sesame seeds, if using, and squeeze lime over the top.
- ☐ Serve with additional lime wedges.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:13.48, Inflammation Score:-10, Nutrition Score:11.889565213867%

Flavonoids

Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg 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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 153.24kcal (7.66%), Fat: 3.4g (5.24%), Saturated Fat: 0.63g (3.97%), Carbohydrates: 28.7g (9.57%), Net Carbohydrates: 24.13g (8.77%), Sugar: 5.85g (6.5%), Cholesterol: 31mg (10.33%), Sodium: 277.74mg (12.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.63%), Vitamin A: 18506.04IU (370.12%), Fiber: 4.57g (18.3%), Manganese: 0.35mg (17.47%), Vitamin B6: 0.3mg (14.94%), Potassium: 475.91mg (13.6%), Vitamin B5: 1.22mg (12.18%), Vitamin C: 9.66mg (11.71%), Copper: 0.23mg (11.58%), Magnesium: 36.18mg (9.05%), Phosphorus: 83.88mg (8.39%), Vitamin B1: 0.11mg (7.61%), Vitamin B2: 0.12mg (7.23%), Iron: 1.14mg (6.33%), Calcium: 54.55mg (5.46%), Vitamin E: 0.81mg (5.43%), Folate: 20.43µg (5.11%), Selenium: 3.55µg (5.07%), Vitamin K: 4.21µg (4.01%), Vitamin B3: 0.79mg (3.97%), Zinc: 0.55mg (3.67%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%)