



WHATSheATE



Roasted Sweet Potatoes with Caramelized Onions



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 medium onion red thinly sliced
- ☐ 4 servings salt and pepper freshly ground
- ☐ 24 ounces orange sweet potatoes

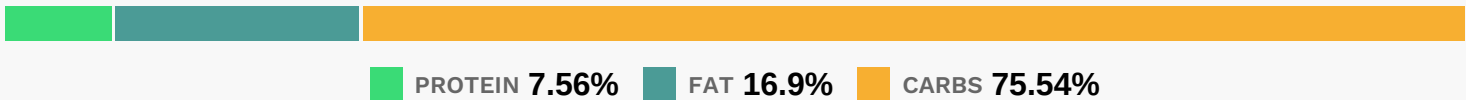
Equipment

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

Directions

- ☐ Preheat the oven to 35
- ☐ Put the sweet potatoes on a baking sheet and roast for 40 minutes, or until tender.
- ☐ Meanwhile, heat the olive oil in a medium skillet.
- ☐ Add the red onion, cover and cook over low heat, stirring a few times, until caramelized, about 15 minutes.
- ☐ Remove from the heat and stir in the vinegar; season with salt and pepper.
- ☐ In a small bowl, mix the yogurt with the garlic and season with salt and pepper.
- ☐ Split the sweet potatoes, leaving them attached at the bottom. Season the insides with salt and pepper. Spoon 1 tablespoon of the garlicky yogurt into each potato, then fill with the caramelized onion.
- ☐ Serve, or gently close the sweet potatoes and wrap them in foil for packing.
- ☐ Make Ahead: The potatoes can be wrapped for up to 4 hours.
- ☐ Notes: One Serving: 232 calories, 2 gm total fat, 7 gm saturated fat, 46 gm carb.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:17.81, Inflammation Score:-10, Nutrition Score:13.627391333165%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 202.31kcal (10.12%), Fat: 3.86g (5.93%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 38.79g (12.93%), Net Carbohydrates: 33.19g (12.07%), Sugar: 9.74g (10.83%), Cholesterol: 0.92mg (0.31%), Sodium: 300.06mg (13.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.77%), Vitamin A: 24140.18IU (482.8%), Manganese: 0.5mg (25.19%), Fiber: 5.6g (22.41%), Vitamin B6: 0.41mg (20.73%), Potassium: 658.1mg (18.8%), Vitamin B5: 1.49mg (14.94%), Copper: 0.27mg (13.74%), Magnesium: 48.56mg (12.14%), Phosphorus: 112.74mg (11.27%), Vitamin B1: 0.16mg (10.34%), Calcium: 88.92mg (8.89%), Vitamin B2: 0.15mg (8.56%), Vitamin C: 6.71mg (8.13%), Iron: 1.17mg (6.51%), Folate: 25.67µg (6.42%), Vitamin E: 0.96mg (6.38%), Vitamin K: 5.33µg (5.08%), Vitamin B3: 1.01mg (5.04%), Zinc: 0.71mg (4.75%), Selenium: 1.88µg (2.68%), Vitamin B12: 0.09µg (1.43%)