



Stuffed Sweet Potatoes With Pancetta and Broccoli Rabe



Gluten Free

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READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

347 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch broccoli rabe trimmed roughly chopped
- ☐ 2 cloves garlic thinly sliced
- ☐ 4 servings kosher salt
- ☐ 4 servings nutmeg freshly grated
- ☐ 2 ounces pancetta sliced thin 8 slices
- ☐ 1 tablespoon parmesan cheese finely grated
- ☐ 0.5 cup part-skim ricotta cheese

- ☐ 0.1 teaspoon pepper flakes red
- ☐ 8 ounces mushroom caps stemmed sliced
- ☐ 32 ounces sweet potatoes

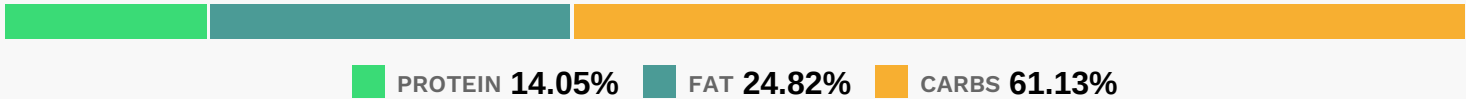
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ microwave

Directions

- ☐ Pierce each sweet potato with a fork in a few spots. Arrange on a microwave-safe plate and microwave until soft, about 12 minutes.
- ☐ Meanwhile, cook the pancetta in a large skillet over medium heat, turning once, until crisp, about 4 minutes.
- ☐ Remove from the skillet and drain on paper towels. Increase the heat to medium high; add the broccoli rabe and 1/4 teaspoon salt to the skillet and cook, stirring occasionally, about 3 minutes.
- ☐ Add the mushrooms, garlic and red pepper flakes and cook, stirring occasionally, until the vegetables are tender, about 3 more minutes.
- ☐ Mix the ricotta, parmesan, and nutmeg to taste in a small bowl. Split open the sweet potatoes lengthwise and fluff the flesh with a fork. Top each with about 1 teaspoon of the ricotta mixture, then top evenly with the broccoli rabe mixture and the remaining ricotta mixture. Chop the pancetta and sprinkle evenly on top.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:23.86, Inflammation Score:-10, Nutrition Score:29.46217407351%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 346.81kcal (17.34%), Fat: 9.84g (15.14%), Saturated Fat: 4.22g (26.34%), Carbohydrates: 54.53g (18.18%), Net Carbohydrates: 44.32g (16.12%), Sugar: 11.73g (13.03%), Cholesterol: 20.05mg (6.68%), Sodium: 498.34mg (21.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.53g (25.06%), Vitamin A: 33812.81IU (676.26%), Vitamin K: 130.97µg (124.74%), Manganese: 1.03mg (51.45%), Fiber: 10.22g (40.86%), Vitamin B6: 0.8mg (40.24%), Potassium: 1130.8mg (32.31%), Phosphorus: 303.15mg (30.32%), Vitamin B5: 3.01mg (30.14%), Copper: 0.49mg (24.47%), Vitamin B2: 0.41mg (24.16%), Vitamin B3: 4.79mg (23.95%), Calcium: 232.99mg (23.3%), Magnesium: 91.39mg (22.85%), Vitamin B1: 0.33mg (22.2%), Folate: 84.9µg (21.23%), Vitamin C: 17.38mg (21.07%), Selenium: 13.88µg (19.83%), Iron: 3.12mg (17.36%), Zinc: 2.4mg (16%), Vitamin E: 1.62mg (10.79%), Vitamin B12: 0.18µg (2.96%), Vitamin D: 0.32µg (2.14%)