



Stuffed Twice-Baked Sweet Potatoes

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



565 kcal

SIDE DISH

Ingredients

- ☐ 4 strips bacon
- ☐ 0.5 teaspoon salt
- ☐ 2 spring onion light white green chopped
- ☐ 6 ounces cheddar cheese shredded
- ☐ 0.8 cup cream sour
- ☐ 0.3 cup sun-dried olives dry packed in oil, drained, patted and finely chopped
- ☐ 32 oz sweet potatoes and into

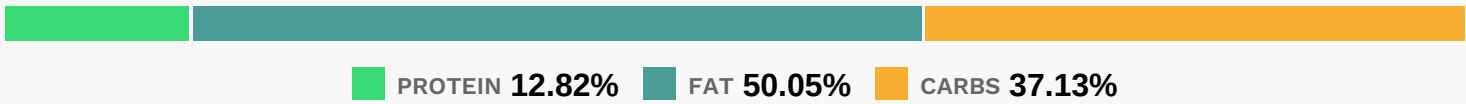
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Pierce potatoes all over with a fork and place in a shallow microwave-safe baking dish. Microwave on high, turning every 2 minutes, until tender, about 10 minutes total. Set aside to cool for 10 minutes.
- ☐ In a skillet over medium-high heat, cook bacon until crisp, about 8 minutes.
- ☐ Transfer to a paper towel-lined plate to drain and cool. Crumble bacon.
- ☐ Preheat oven to 400F. Halve potatoes lengthwise. Scoop out flesh into a large bowl, leaving shells of about 1/4-inch thickness.
- ☐ Place shells, cut sides up, on a baking sheet; bake until crisp, about 5 minutes.
- ☐ Stir bacon, sour cream, tomatoes, scallions, salt and half of cheese into bowl with potato flesh. Spoon filling into shells, sprinkle with remaining cheese and return to oven.
- ☐ Bake until cheese is bubbling, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:23.79, Inflammation Score:-10, Nutrition Score:24.693912920745%

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: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 565.33kcal (28.27%), Fat: 31.89g (49.05%), Saturated Fat: 15.52g (96.98%), Carbohydrates: 53.22g (17.74%), Net Carbohydrates: 45.42g (16.52%), Sugar: 13.82g (15.35%), Cholesterol: 82.49mg (27.5%), Sodium: 860.86mg (37.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.38g (36.75%), Vitamin A: 32998.38IU (659.97%), Calcium: 425.4mg (42.54%), Phosphorus: 392.51mg (39.25%), Manganese: 0.73mg (36.69%), Potassium: 1146.95mg (32.77%), Fiber: 7.81g (31.22%), Vitamin B6: 0.61mg (30.3%), Selenium: 19.83µg (28.33%), Vitamin B2: 0.45mg (26.74%), Vitamin B5: 2.4mg (24.05%), Copper: 0.48mg (23.82%), Magnesium: 89.68mg (22.42%), Vitamin K: 21.13µg (20.12%), Vitamin B1: 0.3mg (19.88%), Zinc: 2.8mg (18.69%), Vitamin B3: 2.86mg (14.32%), Iron: 2.29mg (12.71%), Vitamin C: 9.65mg (11.7%), Folate: 44.98µg (11.25%), Vitamin B12: 0.65µg (10.86%), Vitamin E: 1.2mg (8.01%), Vitamin D: 0.34µg (2.29%)