



Sweet Potato Chile Mac

READY IN



92 min.

SERVINGS



6

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons chipotle chile canned chopped
- ☐ 6 ounces mexican chorizo fresh
- ☐ 1 cup milk fat-free
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup green onions chopped
- ☐ 0.4 teaspoon kosher salt
- ☐ 0.8 cup monterrey jack cheese shredded packed
- ☐ 1 tablespoon olive oil

- ☐ 2 pounds sweet potatoes
- ☐ 8 ounces penne pasta whole-wheat uncooked

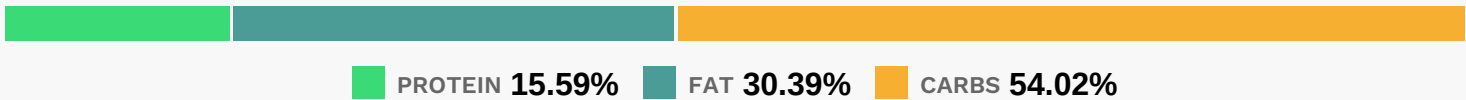
Equipment

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

Directions

- ☐ Preheat oven to 42
- ☐ Pierce potatoes several times with a fork; place on a foil-lined baking sheet.
- ☐ Bake at 425 for 1 hour or until tender. Cool slightly; peel and mash in a large bowl. Stir in milk and next 4 ingredients (through cheese).
- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ Add pasta to sweet potato mixture; set aside.
- ☐ Preheat broiler to high.
- ☐ Heat a large ovenproof skillet over medium heat.
- ☐ Add oil; swirl to coat.
- ☐ Add chorizo to pan; cook 4 minutes or until browned, stirring to crumble.
- ☐ Place chorizo in a small bowl. Wipe pan clean. Spoon sweet potato mixture into pan; sprinkle evenly with chorizo. Broil 2 minutes or until lightly browned and crisp.
- ☐ Sprinkle with onions and cilantro.

Nutrition Facts



Properties

Glycemic Index:40.38, Glycemic Load:15.78, Inflammation Score:-10, Nutrition Score:15.23913031039%

Flavonoids

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: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 428.55kcal (21.43%), Fat: 14.26g (21.93%), Saturated Fat: 5.68g (35.48%), Carbohydrates: 57.01g (19%), Net Carbohydrates: 49.25g (17.91%), Sugar: 9.6g (10.66%), Cholesterol: 31.51mg (10.5%), Sodium: 331.11mg (14.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.45g (32.9%), Vitamin A: 21794.73IU (435.89%), Fiber: 7.77g (31.06%), Calcium: 208.2mg (20.82%), Manganese: 0.41mg (20.56%), Phosphorus: 179.21mg (17.92%), Vitamin B6: 0.35mg (17.69%), Potassium: 602.52mg (17.21%), Vitamin B5: 1.39mg (13.9%), Vitamin K: 13.65µg (13%), Vitamin B2: 0.2mg (12.03%), Copper: 0.24mg (11.93%), Magnesium: 47.53mg (11.88%), Iron: 1.75mg (9.71%), Vitamin B1: 0.15mg (9.69%), Zinc: 1.08mg (7.2%), Vitamin B12: 0.35µg (5.9%), Folate: 22.75µg (5.69%), Selenium: 3.8µg (5.43%), Vitamin C: 4.45mg (5.39%), Vitamin E: 0.79mg (5.29%), Vitamin B3: 0.93mg (4.64%), Vitamin D: 0.53µg (3.56%)