



Sweet potato dip with chorizo & chicory dippers



Gluten Free



Dairy Free



Very Healthy

READY IN



70 min.

SERVINGS



6

CALORIES



287 kcal

SIDE DISH

Ingredients

- ☐ 2 large sweet potatoes and into
- ☐ 4 tbsp olive oil
- ☐ 0.5 tsp paprika smoked sweet
- ☐ 1 tbsp red wine vinegar
- ☐ 1 small handful parsley chopped
- ☐ 250 g chorizo sausage cut mini (for special diets, see tip below)
- ☐ 3 heads endive white red separated

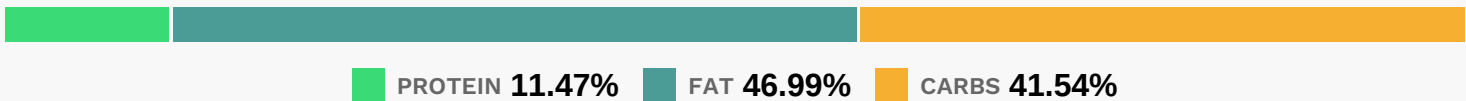
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Put the potatoes on a baking tray and bake for 50 mins until really soft. Leave to cool.
- ☐ Scoop the potato flesh into a food processor, discarding the skins.
- ☐ Add the oil, paprika, vinegar, coriander or parsley and some seasoning and whizz to a smooth paste.
- ☐ Transfer to a bowl, cover with cling film and chill until needed. The dip will keep for 2 days in the fridge just bring to room temperature before serving.
- ☐ Cook the chorizo in a small frying pan for 10 mins until cooked through.
- ☐ Drain on kitchen paper. Scatter extra coriander or parsley over the dip and serve with the chorizo and chicory leaves for dipping.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:11.52, Inflammation Score:-10, Nutrition Score:28.174347644267%

Flavonoids

Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 22.75mg, Kaempferol: 22.75mg, Kaempferol: 22.75mg, Kaempferol: 22.75mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 286.59kcal (14.33%), Fat: 15.33g (23.58%), Saturated Fat: 4.78g (29.87%), Carbohydrates: 30.48g (10.16%), Net Carbohydrates: 20.02g (7.28%), Sugar: 5.32g (5.91%), Cholesterol: 29.4mg (9.8%), Sodium: 113.12mg (4.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.42g (16.83%), Vitamin K: 538.48µg (512.83%), Vitamin A: 21302.56IU (426.05%), Folate: 333.06µg (83.27%), Manganese: 1.24mg (62.11%), Fiber: 10.46g (41.82%), Potassium: 1096.99mg (31.34%), Vitamin C: 25.8mg (31.28%), Vitamin B5: 2.94mg (29.39%), Copper: 0.4mg (19.82%), Vitamin B1: 0.27mg (17.97%), Vitamin E: 2.68mg (17.88%), Iron: 3.15mg (17.52%), Calcium: 160.94mg (16.09%), Magnesium: 62.81mg (15.7%), Vitamin B6: 0.29mg (14.3%), Zinc: 2.13mg (14.22%), Vitamin B2: 0.24mg (14.15%), Phosphorus: 117.38mg (11.74%), Vitamin B3: 1.56mg (7.78%), Selenium: 1.14µg (1.63%)