



Sweet Potato Pockets

READY IN



45 min.

SERVINGS



5

CALORIES



551 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 tablespoon sage fresh chopped
- ☐ 2 tablespoons olive oil
- ☐ 5 servings salt to taste
- ☐ 15 oz sweet potatoes sweetened mashed canned
- ☐ 16 oz won ton wrappers

Equipment

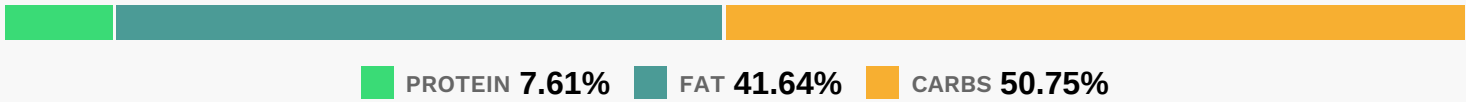
- ☐ frying pan

- ☐ plastic wrap
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Arrange 1 won ton wrapper on a clean, flat surface. (Cover remaining wrappers with plastic wrap or a damp towel to prevent drying out.) Lightly moisten wrapper with water.
- ☐ Place about 1 Tbsp. mashed sweet potatoes in center of wrapper; fold 2 opposite corners together over mashed sweet potatoes, forming a triangle. Press edges together to seal, removing any air pockets. Cover with plastic wrap or a damp cloth. Repeat procedure with remaining wrappers and mashed sweet potatoes.
- ☐ Cook pockets, in 2 batches, in boiling water to cover in a large Dutch oven over medium-high heat 3 minutes.
- ☐ Remove with a slotted spoon, and drain well.
- ☐ Saut pockets, in batches, in hot oil in a large nonstick skillet over medium-high heat 2 to 3 minutes on each side or until golden brown.
- ☐ Drain well. Arrange pockets on a serving platter.
- ☐ Melt butter in skillet over medium heat; stir in sage. Cook, stirring occasionally, 4 minutes or until butter is lightly browned.
- ☐ Pour over pockets, and add salt to taste.
- ☐ *1 (15-oz.) can cut sweet potatoes in syrup, mashed, may be substituted.

Nutrition Facts



Properties

Glycemic Index:21.6, Glycemic Load:8.45, Inflammation Score:-10, Nutrition Score:22.402608599352%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg,

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Nutrients (% of daily need)

Calories: 551.14kcal (27.56%), Fat: 25.47g (39.19%), Saturated Fat: 12.73g (79.55%), Carbohydrates: 69.86g (23.29%), Net Carbohydrates: 65.58g (23.85%), Sugar: 3.57g (3.97%), Cholesterol: 56.97mg (18.99%), Sodium: 905.61mg (39.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.47g (20.94%), Vitamin A: 12645.81IU (252.92%), Copper: 3.9mg (194.97%), Manganese: 0.92mg (45.91%), Selenium: 26.32µg (37.6%), Vitamin B1: 0.54mg (36.12%), Vitamin B3: 5.4mg (27.02%), Vitamin B2: 0.4mg (23.76%), Folate: 88.05µg (22.01%), Iron: 3.74mg (20.77%), Fiber: 4.27g (17.08%), Phosphorus: 119.35mg (11.93%), Potassium: 371.66mg (10.62%), Magnesium: 41.91mg (10.48%), Vitamin E: 1.55mg (10.36%), Vitamin B6: 0.21mg (10.28%), Calcium: 81.64mg (8.16%), Vitamin B5: 0.73mg (7.28%), Zinc: 0.94mg (6.28%), Vitamin K: 6.49µg (6.18%), Vitamin C: 2.04mg (2.47%)