



Sweet Potatoes Stuffed with Shrimp and Salsa

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



310 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons cilantro leaves fresh chopped
- ☐ 1 tablespoon cup heavy whipping cream sour reduced-fat
- ☐ 2 servings salsa prepared
- ☐ 12 small shrimp deveined peeled chopped
- ☐ 16 ounces sweet potatoes
- ☐ 0.3 cup turkey kielbasa diced

Equipment

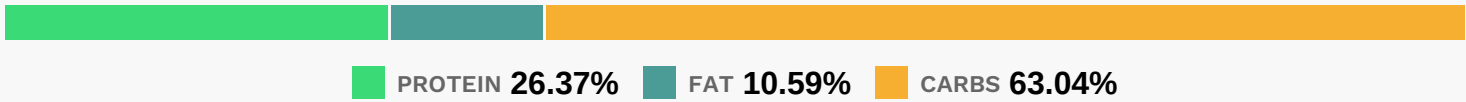
- ☐ frying pan

- ☐ paper towels
- ☐ microwave

Directions

- ☐ Pierce potatoes with a fork, and arrange on paper towels. Microwave on high 8 minutes; turn potatoes over after 4 minutes. Brown 1/4 cup kielbasa in a nonstick skillet over medium-high heat.
- ☐ Add shrimp; saut 2 minutes.
- ☐ Remove from heat; stir in salsa. Slit each potato lengthwise. Push ends inward to form a pocket. Stuff shrimp mixture into each. Dollop each potato with 1/2 tablespoon sour cream; sprinkle each with a teaspoon of cilantro.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:22.52, Inflammation Score:-10, Nutrition Score:20.691739195067%

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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 310.23kcal (15.51%), Fat: 3.7g (5.7%), Saturated Fat: 1.62g (10.12%), Carbohydrates: 49.59g (16.53%), Net Carbohydrates: 41.94g (15.25%), Sugar: 11.66g (12.96%), Cholesterol: 114.37mg (38.12%), Sodium: 764.78mg (33.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.74g (41.49%), Vitamin A: 32398.19IU (647.96%), Vitamin B6: 0.64mg (32.22%), Manganese: 0.64mg (32.08%), Copper: 0.63mg (31.59%), Potassium: 1076.76mg (30.76%), Fiber: 7.65g (30.6%), Phosphorus: 304.25mg (30.43%), Iron: 4.67mg (25.97%), Magnesium: 90.52mg (22.63%), Vitamin B5: 1.88mg (18.8%), Vitamin C: 15.12mg (18.33%), Zinc: 2.21mg (14.73%), Vitamin B1: 0.21mg (14.1%), Vitamin B3: 2.71mg (13.57%), Calcium: 130.14mg (13.01%), Vitamin B2: 0.21mg (12.18%), Selenium: 8.4µg (12%), Folate: 29.32µg (7.33%), Vitamin E: 1.03mg (6.85%), Vitamin K: 6µg (5.72%), Vitamin B12: 0.15µg (2.54%)