



Sweet Potatoes with Cuban-Style Beef Picadillo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces ground beef
- ☐ 0.8 cup canned tomatoes canned crushed
- ☐ 1 tablespoon capers
- ☐ 0.3 cup cherries dried roughly chopped
- ☐ 0.3 cup sherry dry
- ☐ 2 tablespoons cilantro leaves fresh plus more leaves for serving chopped
- ☐ 2 teaspoons garlic finely chopped

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 cup pimiento stuffed olives green sliced in rounds
- ☐ 4 medium sweet potatoes and into

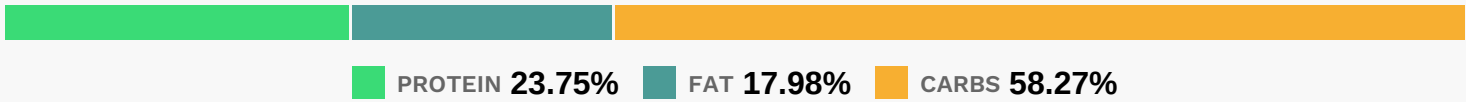
Equipment

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

Directions

- ☐ Heat oven to 425°. Pierce potatoes all over with a fork and place on an aluminum foil-lined baking sheet; bake until tender, 50 minutes. In a large skillet over medium heat, heat oil. Cook onion until soft, 4 minutes.
- ☐ Add garlic, cumin and cinnamon; cook, 1 minute.
- ☐ Add beef and cook through, 5 minutes.
- ☐ Add sherry and cook, stirring, 2 minutes.
- ☐ Add tomatoes, cherries, olives, capers and salt; reduce heat and simmer, 5 minutes; stir in chopped cilantro. Slice open potatoes and mash insides with a fork; divide beef mixture and cilantro leaves among potatoes.
- ☐ Double the potato stuffing and freeze half for a chili dinner another night.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:23.99, Inflammation Score:-10, Nutrition Score:26.496521879797%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg

Nutrients (% of daily need)

Calories: 404.94kcal (20.25%), Fat: 7.94g (12.22%), Saturated Fat: 2.44g (15.27%), Carbohydrates: 57.91g (19.3%), Net Carbohydrates: 48.65g (17.69%), Sugar: 16.44g (18.27%), Cholesterol: 52.73mg (17.58%), Sodium: 576.69mg (25.07%), Alcohol: 1.54g (100%), Alcohol %: 0.47% (100%), Protein: 23.6g (47.2%), Vitamin A: 32486.15IU (649.72%), Vitamin B6: 0.93mg (46.49%), Manganese: 0.81mg (40.31%), Fiber: 9.26g (37.04%), Potassium: 1250.16mg (35.72%), Zinc: 5.24mg (34.92%), Vitamin B3: 6.6mg (32.99%), Vitamin B12: 1.91µg (31.75%), Phosphorus: 303.22mg (30.32%), Copper: 0.53mg (26.3%), Iron: 4.67mg (25.93%), Vitamin B5: 2.53mg (25.25%), Selenium: 16.89µg (24.13%), Magnesium: 91.78mg (22.95%), Vitamin B2: 0.31mg (18.42%), Vitamin B1: 0.26mg (17.57%), Vitamin C: 11.73mg (14.22%), Vitamin E: 2.05mg (13.68%), Calcium: 118.96mg (11.9%), Folate: 39.91µg (9.98%), Vitamin K: 9.43µg (8.98%)