



Sweet Potatoes with Curried Puffed Grains

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



20

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.8 teaspoon madras curry powder
- ☐ 0.8 teaspoon kosher salt plus more for seasoning
- ☐ 0.3 cup maple syrup pure
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 cups puffed grains mixed such as rice, wheat, corn and millet
- ☐ 4 small orange sweet potatoes yellow (small)
- ☐ 2 tablespoons butter unsalted

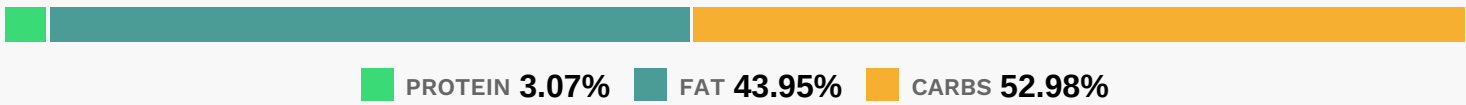
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 32
- ☐ In a medium bowl, combine the olive oil with the maple syrup, curry powder and cayenne and season with salt.
- ☐ Add the puffed grains and stir to coat.
- ☐ Spread in an even layer on a parchment paperlined baking sheet and bake, stirring twice, until lightly browned, about 20 minutes; the mix will crisp as it cools. Break up any big clumps.
- ☐ Halve the potatoes lengthwise and scoop out the flesh, leaving a thin wall of flesh on 4 of the halves. (Discard the remaining 4 empty shells.) Mash the potato flesh with the butter and season with salt. Spoon the mixture back into the shells and bake until hot, about 15 minutes.
- ☐ Transfer the potatoes to plates and sprinkle with some of the puffed grains.
- ☐ Serve right away, passing extra puffed grains at the table.

Nutrition Facts



Properties

Glycemic Index:8.88, Glycemic Load:4.71, Inflammation Score:-9, Nutrition Score:5.9921740186603%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 78.71kcal (3.94%), Fat: 3.88g (5.96%), Saturated Fat: 1.1g (6.89%), Carbohydrates: 10.52g (3.51%), Net Carbohydrates: 9.66g (3.51%), Sugar: 3.5g (3.89%), Cholesterol: 3.01mg (1%), Sodium: 102.21mg (4.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin A: 3734.75IU (74.69%), Manganese: 0.21mg

(10.28%), Vitamin B2: 0.12mg (6.96%), Vitamin B1: 0.1mg (6.41%), Iron: 1.09mg (6.06%), Vitamin B3: 1.14mg (5.71%), Fiber: 0.86g (3.44%), Vitamin E: 0.51mg (3.42%), Potassium: 101.88mg (2.91%), Vitamin B6: 0.06mg (2.9%), Copper: 0.05mg (2.25%), Vitamin B5: 0.22mg (2.18%), Vitamin K: 2.29µg (2.18%), Magnesium: 8.3mg (2.08%), Phosphorus: 15.64mg (1.56%), Calcium: 13.17mg (1.32%)