



## Sweet Potatoes With Feta Cheese

 Vegetarian  Gluten Free

READY IN



26 min.

SERVINGS



4

CALORIES



225 kcal

SIDE DISH

### Ingredients

- 1 tablespoon balsamic vinegar
- 4 ounce feta cheese
- 2 large sweet potatoes and into peeled sliced

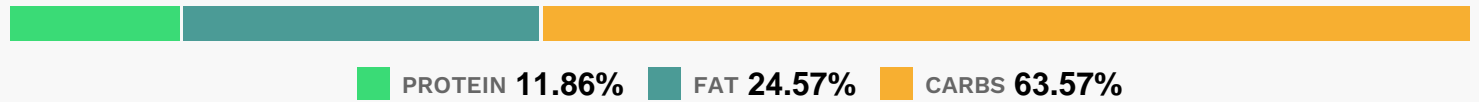
### Equipment

- oven
- broiler
- microwave
- broiler pan

## Directions

- Place the slices of sweet potatoes into a microwave safe dish, and add just enough water to cover. Cook for 10 minutes in the microwave, or until starting to become tender.
- Preheat the oven's broiler.
- Place the sweet potato slices onto a greased broiler pan. Slice the feta cheese the best you can, and place a piece on top of each potato slice.
- Drizzle balsamic vinegar over all.
- Place under the preheated broiler for about 6 minutes, or until cheese is lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:33.75, Glycemic Load:17.52, Inflammation Score:-10, Nutrition Score:15.263478330944%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 224.85kcal (11.24%), Fat: 6.18g (9.51%), Saturated Fat: 3.8g (23.76%), Carbohydrates: 35.99g (12%), Net Carbohydrates: 30.89g (11.23%), Sugar: 7.7g (8.56%), Cholesterol: 25.23mg (8.41%), Sodium: 417.6mg (18.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.71g (13.43%), Vitamin A: 24237.54IU (484.75%), Vitamin B6: 0.48mg (23.78%), Manganese: 0.45mg (22.59%), Fiber: 5.1g (20.4%), Vitamin B2: 0.34mg (20.17%), Calcium: 191.84mg (19.18%), Phosphorus: 176.2mg (17.62%), Potassium: 594.96mg (17%), Vitamin B5: 1.63mg (16.34%), Copper: 0.27mg (13.34%), Magnesium: 48.37mg (12.09%), Vitamin B1: 0.18mg (11.75%), Zinc: 1.33mg (8.86%), Vitamin B12: 0.48µg (7.99%), Selenium: 5.27µg (7.53%), Iron: 1.25mg (6.94%), Folate: 27.77µg (6.94%), Vitamin B3: 1.23mg (6.14%), Vitamin C: 4.08mg (4.95%), Vitamin K: 3.57µg (3.4%), Vitamin E: 0.49mg (3.29%)