



Sweet potatoes with mushrooms & rosemary



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



298 kcal

SIDE DISH

Ingredients

- ☐ 2 sweet potatoes and into
- ☐ 1 tbsp olive oil
- ☐ 200 g pack chestnut mushroom halved
- ☐ 1 tsp rosemary leaves dried fresh chopped
- ☐ 2 tbsp parmesan freshly grated (or vegetarian alternative)

Equipment

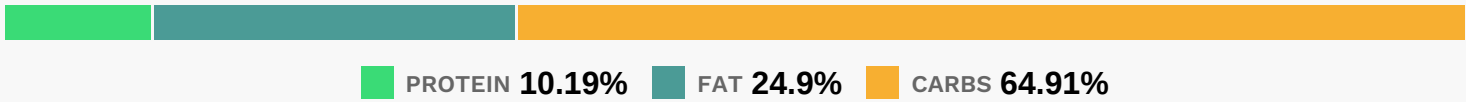
- ☐ frying pan
- ☐ oven

☐ microwave

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Prick the potatoes several times with a fork, then microwave on High for 8–10 mins, turning once, until tender. Meanwhile, heat the oil in a non-stick pan, add the mushrooms and rosemary and cook over a fairly high heat, stirring, until the mushrooms are tender and lightly coloured. Season to taste.
- ☐ Put the potatoes in the oven and roast for 15 mins until the skins start to crisp. Split open and spoon over the mushrooms.
- ☐ Sprinkle with Parmesan to serve.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:22.48, Inflammation Score:-10, Nutrition Score:23.942173773828%

Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg 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: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 298.3kcal (14.91%), Fat: 8.52g (13.12%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 50g (16.67%), Net Carbohydrates: 42.58g (15.48%), Sugar: 11.21g (12.45%), Cholesterol: 3.4mg (1.13%), Sodium: 210.63mg (9.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.85g (15.69%), Vitamin A: 32111.9IU (642.24%), Copper: 0.84mg (42.2%), Selenium: 28.48µg (40.69%), Vitamin B2: 0.64mg (37.94%), Manganese: 0.73mg (36.47%), Potassium: 1216.63mg (34.76%), Vitamin B5: 3.33mg (33.33%), Fiber: 7.43g (29.72%), Vitamin B6: 0.59mg (29.4%), Phosphorus: 261.15mg (26.12%), Vitamin B3: 5.08mg (25.38%), Vitamin B1: 0.27mg (18.22%), Magnesium: 68.02mg (17%), Calcium: 146.18mg (14.62%), Zinc: 1.92mg (12.79%), Folate: 50.59µg (12.65%), Vitamin E: 1.62mg (10.78%), Iron: 1.88mg (10.46%), Vitamin K: 8.37µg (7.97%), Vitamin C: 5.5mg (6.67%), Vitamin B12: 0.16µg (2.67%)