



Sweet Potatoes with Poblano Butter Topping

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



216 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper black freshly ground to taste
- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon juice of lime
- 1 poblano pepper fresh seeded finely chopped
- 1 cup soy butter light softened
- 1 sweet potatoes and into

Equipment

- food processor

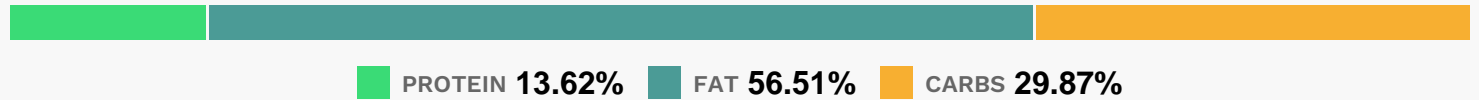
bowl

oven

Directions

- Preheat oven to 400 degrees F (200 degrees C). Pierce the sweet potato in several places with a fork.
- Roast the sweet potato in preheated oven until easily pierced with a fork, 1 to 1 1/2 hours.
- Meanwhile, place the poblano pepper, soy butter, lime juice, and pepper in the bowl of a food processor. Process until well blended, about 1 minute. If not using immediately, place poblano-
soy butter in a covered container and refrigerate up to 1 month.
- To serve, slice the sweet potato in half and spread with 1 tablespoon poblano butter.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:2.88, Inflammation Score:-10, Nutrition Score:6.9439130619816%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 215.54kcal (10.78%), Fat: 13.85g (21.31%), Saturated Fat: 2.48g (15.53%), Carbohydrates: 16.47g (5.49%), Net Carbohydrates: 12.34g (4.49%), Sugar: 4.51g (5.01%), Cholesterol: 0mg (0%), Sodium: 114.96mg (5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.51g (15.02%), Vitamin A: 4098.28IU (81.97%), Fiber: 4.14g (16.55%), Vitamin C: 12.96mg (15.71%), Calcium: 69.54mg (6.95%), Manganese: 0.13mg (6.26%), Vitamin B6: 0.09mg (4.7%), Potassium: 127.89mg (3.65%), Vitamin K: 3.57µg (3.4%), Iron: 0.6mg (3.36%), Copper: 0.06mg (2.85%), Vitamin B5: 0.25mg (2.48%), Magnesium: 9.16mg (2.29%), Vitamin B1: 0.03mg (2.09%), Phosphorus: 16.98mg (1.7%), Vitamin B2: 0.02mg (1.34%), Folate: 5.01µg (1.25%), Vitamin B3: 0.24mg (1.19%)