



Sweet Potatoes with Spicy Black Bean Chili

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



376 kcal

SIDE DISH

Ingredients

- 4 medium sweet potatoes and into
- 2 teaspoons vegetable oil
- 0.5 cup bell pepper green chopped
- 15 ounces black beans with cumin and chili spices, undrained canned
- 14.5 ounces canned tomatoes mexican-style undrained canned
- 0.3 cup cream sour
- 1 tablespoon cilantro leaves fresh chopped

Equipment

frying pan

oven

Directions

Heat oven to 350°F. Pierce potatoes with fork to allow steam to escape.

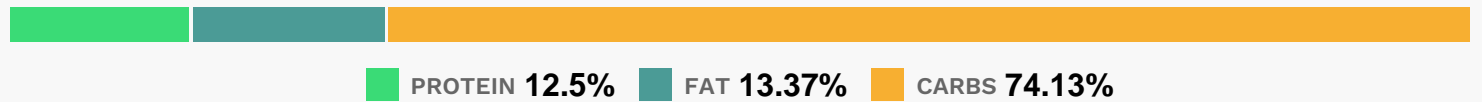
Bake 50 to 60 minutes or until tender.

While potatoes are baking, heat oil in 12-inch skillet over medium-high heat. Cook bell pepper in oil 3 to 5 minutes, stirring frequently. Stir in beans and tomatoes.

Heat to boiling; reduce heat to medium-low. Cook uncovered 8 to 10 minutes, stirring occasionally, until hot.

Split potatoes and mash slightly. Top each potato with chili. Top with sour cream and cilantro.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:24.6, Inflammation Score:-10, Nutrition Score:27.486086928326%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 376.09kcal (18.8%), Fat: 5.78g (8.89%), Saturated Fat: 1.97g (12.3%), Carbohydrates: 72.1g (24.03%), Net Carbohydrates: 55.71g (20.26%), Sugar: 14.91g (16.56%), Cholesterol: 8.48mg (2.83%), Sodium: 673.25mg (29.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.16g (24.31%), Vitamin A: 32453.04IU (649.06%), Fiber: 16.39g (65.55%), Manganese: 1.04mg (52.18%), Potassium: 1441.25mg (41.18%), Vitamin C: 32.88mg (39.85%), Copper: 0.75mg (37.43%), Vitamin B6: 0.73mg (36.64%), Magnesium: 117.59mg (29.4%), Vitamin B1: 0.42mg (27.72%), Phosphorus: 268.62mg (26.86%), Iron: 4.81mg (26.72%), Folate: 105.86µg (26.46%), Vitamin B5: 2.36mg (23.57%), Vitamin B2: 0.35mg (20.49%), Vitamin B3: 3.28mg (16.39%), Calcium: 156.4mg (15.64%), Vitamin K: 15.56µg (14.82%), Vitamin E: 2.18mg (14.55%), Zinc: 1.6mg (10.68%), Selenium: 3.89µg (5.55%)