



WHATSheATE



HEALTH SCORE

54%

Tuna sweet potato jackets



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

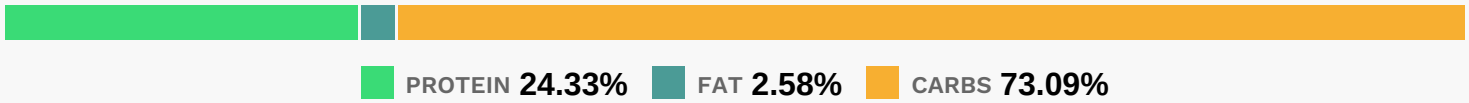
- ☐ 800 g sweet potatoes and into
- ☐ 185 g water-packed tuna drained canned
- ☐ 0.5 onion red finely sliced
- ☐ 1 small to 5 chillies red deseeded chopped
- ☐ 1 juice of lime
- ☐ 6 tbsp greek yogurt
- ☐ 1 handful cilantro leaves

Equipment

Directions

- ☐ Scrub the sweet potatoes and prick all over with a fork.
- ☐ Place on a microwaveable plate and cook on High for 18–20 mins, or until tender. Split in half and place each one, cut-side up, on a serving plate.
- ☐ Flake the drained tuna with a fork and divide between the sweet potatoes. Top with the red onion and chilli, then squeeze over the lime juice. Top with a dollop of yogurt and scatter over the coriander, to serve.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:20.52, Inflammation Score:-10, Nutrition Score:21.615217447281%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 239.46kcal (11.97%), Fat: 0.69g (1.06%), Saturated Fat: 0.18g (1.09%), Carbohydrates: 44.04g (14.68%), Net Carbohydrates: 37.58g (13.67%), Sugar: 10.41g (11.57%), Cholesterol: 17.77mg (5.93%), Sodium: 221.56mg (9.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.32%), Vitamin A: 28579.87IU (571.6%), Selenium: 34.93µg (49.9%), Vitamin B6: 0.66mg (32.91%), Vitamin C: 24.5mg (29.7%), Vitamin B3: 5.93mg (29.64%), Manganese: 0.57mg (28.56%), Fiber: 6.46g (25.84%), Potassium: 857.41mg (24.5%), Vitamin B12: 1.35µg (22.44%), Phosphorus: 198.32mg (19.83%), Vitamin B5: 1.8mg (17.97%), Copper: 0.35mg (17.61%), Magnesium: 67.93mg (16.98%), Vitamin B2: 0.24mg (14.08%), Vitamin B1: 0.19mg (12.79%), Iron: 2.18mg (12.1%), Calcium: 99.76mg (9.98%), Vitamin K: 8.47µg (8.06%), Folate: 32µg (8%), Zinc: 1.09mg (7.25%), Vitamin E: 0.8mg (5.31%), Vitamin D: 0.56µg (3.7%)