



Twice-Baked Sweet Potato Boats with Bacon-Pecan Topping

READY IN



105 min.

SERVINGS



12

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 1.5 tablespoons butter softened
- ☐ 4 bacon crumbled cooked
- ☐ 1 large eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup milk 2% reduced-fat
- ☐ 2 teaspoons olive oil

- ☐ 0.3 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 48 ounce sweet potatoes and into
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Scrub potatoes; pat dry with paper towels. Rub potatoes with olive oil.
- ☐ Place on a foil-lined baking sheet.
- ☐ Bake at 400 for 1 hour and 5 minutes or until tender. Cool slightly on pan.
- ☐ While potatoes cook, combine brown sugar and flour, stirring with a whisk.
- ☐ Cut in butter with a pastry blender or 2 knives until crumbly. Stir in pecans and bacon.
- ☐ Cut potatoes in half lengthwise. Scoop out pulp, leaving a 1/4-inch-thick shell.
- ☐ Place pulp in a food processor.
- ☐ Add granulated sugar and remaining ingredients; process until smooth. Spoon potato mixture evenly into shells; top evenly with brown sugar mixture.
- ☐ Bake at 400 for 20 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:21.92, Glycemic Load:15.21, Inflammation Score:-10, Nutrition Score:11.177391363227%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 193.31kcal (9.67%), Fat: 5.24g (8.06%), Saturated Fat: 1.67g (10.42%), Carbohydrates: 33.54g (11.18%), Net Carbohydrates: 29.87g (10.86%), Sugar: 13.73g (15.25%), Cholesterol: 22.3mg (7.43%), Sodium: 224.93mg (9.78%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Protein: 3.79g (7.59%), Vitamin A: 16161.29IU (323.23%), Manganese: 0.41mg (20.69%), Fiber: 3.67g (14.68%), Vitamin B6: 0.27mg (13.39%), Potassium: 426.28mg (12.18%), Vitamin B5: 1.05mg (10.54%), Copper: 0.21mg (10.5%), Vitamin B1: 0.14mg (9.12%), Phosphorus: 85.35mg (8.53%), Magnesium: 33.85mg (8.46%), Vitamin B2: 0.12mg (6.9%), Selenium: 4.25µg (6.08%), Iron: 0.98mg (5.42%), Vitamin B3: 1.06mg (5.32%), Calcium: 48.77mg (4.88%), Folate: 18.71µg (4.68%), Zinc: 0.62mg (4.13%), Vitamin E: 0.52mg (3.47%), Vitamin C: 2.76mg (3.34%), Vitamin K: 2.67µg (2.55%), Vitamin B12: 0.1µg (1.59%)