



Twice Baked Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



450 kcal

SIDE DISH

Ingredients

- 1 tablespoon brown sugar packed
- 0.3 cup butter
- 2 egg whites
- 2 tablespoons cilantro leaves fresh chopped
- 0.1 teaspoon ground allspice
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground cumin
- 0.3 teaspoon ground pepper black

- 1 small onion minced
- 0.8 tablespoon orange zest
- 0.8 teaspoon salt
- 0.3 cup cup heavy whipping cream sour
- 6 sweet potatoes

Equipment

- bowl
- frying pan
- baking sheet
- oven
- blender

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Place potatoes on baking sheet and bake until just softened, about 1 hour. Allow to cool for 15 minutes.
- Slice off 1/2 inch lengthwise from tops of potatoes. Scoop out pulp, leaving 1/4 inch thick shells. Reserve 4 shells; discard remaining
- Mash pulp.
- In a small skillet, melt butter over medium heat.
- Add onion; cook until softened, about 8 minutes.
- Add brown sugar, zest, salt, cumin, cinnamon, pepper and allspice. Cook until sugar melts, about 2-3 minutes.
- Combine onion mixture with mashed sweet potatoes. Stir in sour cream and cilantro.
- In bowl with mixer on high speed, beat egg whites until soft peaks form. Gently fold whites into sweet potato mixture.
- Spoon or pipe mixture back into shells.
- Place on baking sheets; bake until filling is just set and tops begin to brown, about 15 to 20 minutes.

Nutrition Facts

PROTEIN 6.71% FAT 28.57% CARBS 64.72%

Properties

Glycemic Index:56, Glycemic Load:34.05, Inflammation Score:-10, Nutrition Score:21.249130368233%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 450.32kcal (22.52%), Fat: 14.55g (22.38%), Saturated Fat: 8.82g (55.12%), Carbohydrates: 74.14g (24.71%), Net Carbohydrates: 63.42g (23.06%), Sugar: 18.44g (20.48%), Cholesterol: 38.98mg (12.99%), Sodium: 745.02mg (32.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.69g (15.38%), Vitamin A: 48559.58IU (971.19%), Manganese: 0.95mg (47.41%), Fiber: 10.72g (42.87%), Vitamin B6: 0.74mg (37.07%), Potassium: 1226.4mg (35.04%), Vitamin B5: 2.84mg (28.39%), Copper: 0.53mg (26.58%), Magnesium: 91.28mg (22.82%), Vitamin B1: 0.28mg (18.61%), Phosphorus: 182.41mg (18.24%), Vitamin B2: 0.31mg (18.14%), Vitamin C: 11.18mg (13.56%), Calcium: 132.79mg (13.28%), Iron: 2.28mg (12.65%), Folate: 43.06µg (10.76%), Vitamin B3: 1.97mg (9.85%), Vitamin E: 1.28mg (8.57%), Selenium: 5.86µg (8.38%), Vitamin K: 8.25µg (7.86%), Zinc: 1.13mg (7.52%), Vitamin B12: 0.07µg (1.13%)