



## Twice Baked Sweet Potatoes

 Gluten Free

READY IN



80 min.

SERVINGS



12

CALORIES



249 kcal

SIDE DISH

### Ingredients

- 0.3 cup brown sugar
- 8 ounce cream cheese softened
- 2 tablespoons butter
- 0.5 teaspoon pepper
- 2 tablespoons salad oil
- 0.8 teaspoon salt
- 6 sweet potatoes
- 1 tablespoon vanilla extract

0.3 cup walnuts chopped

## Equipment

bowl

oven

aluminum foil

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Rub sweet potato skins with salad oil. Wrap potatoes in aluminum foil and bake in preheated oven for 1 hour, or until soft.

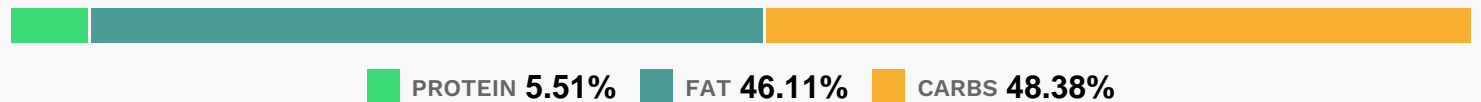
Meanwhile, in a large bowl combine cream cheese, brown sugar, margarine, vanilla, salt and pepper.

Cut potatoes in half and scoop flesh into the bowl with the other ingredients.

Mix well and fold in walnuts. Spoon mixture into potato skins.

Bake for 5 minutes, or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:11.42, Glycemic Load:11.56, Inflammation Score:-10, Nutrition Score:11.103043514749%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg 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: 248.54kcal (12.43%), Fat: 12.89g (19.83%), Saturated Fat: 4.6g (28.75%), Carbohydrates: 30.43g (10.14%), Net Carbohydrates: 26.8g (9.75%), Sugar: 11.58g (12.87%), Cholesterol: 19.09mg (6.36%), Sodium: 290.73mg (12.64%), Alcohol: 0.37g (100%), Alcohol %: 0.32% (100%), Protein: 3.47g (6.94%), Vitamin A: 16369.7IU (327.39%),

Manganese: 0.42mg (21.1%), Fiber: 3.63g (14.52%), Vitamin B6: 0.27mg (13.37%), Potassium: 431.94mg (12.34%), Copper: 0.23mg (11.53%), Vitamin B5: 1.04mg (10.42%), Magnesium: 35.98mg (9%), Phosphorus: 85.56mg (8.56%), Vitamin B2: 0.12mg (7.02%), Vitamin B1: 0.1mg (6.93%), Vitamin E: 0.96mg (6.4%), Calcium: 61.77mg (6.18%), Iron: 0.86mg (4.77%), Folate: 17.41µg (4.35%), Vitamin K: 4.32µg (4.11%), Selenium: 2.54µg (3.63%), Zinc: 0.54mg (3.59%), Vitamin B3: 0.7mg (3.48%), Vitamin C: 2.76mg (3.34%)