



Twice Baked Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



359 kcal

SIDE DISH

Ingredients

- 4 tablespoons brown sugar
- 4 tablespoons butter room temperature
- 4 ounces cream cheese room temperature
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 0.3 teaspoon ground nutmeg
- 6 servings salt and pepper black freshly ground
- 6 sweet potatoes scrubbed

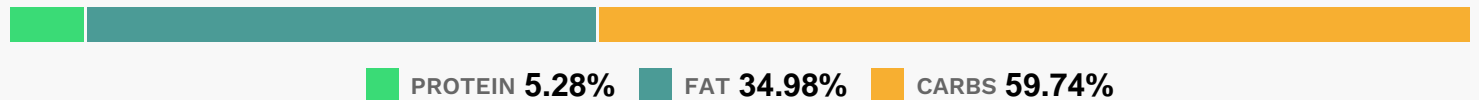
Equipment

- bowl
- oven
- spatula

Directions

- Watch how to make this recipe.
- Preheat oven to 375 degrees F.
- Place sweet potatoes on sheet tray and bake for 1 hour or until soft.
- Remove from oven and let stand until cool enough to handle.
- Split potatoes and remove the flesh to a medium sized bowl, reserving skins. In another bowl, add brown sugar, butter and cream cheese and the all of the spices and mash with a fork or rubber spatula.
- Add the butter and cream cheese mixture to the sweet potato flesh and fold in completely.
- Add the filling back to the potato skins and place on a half sheet tray.
- Bake for 15 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:40.33, Glycemic Load:22.76, Inflammation Score:-10, Nutrition Score:15.492173917916%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 359.21kcal (17.96%), Fat: 14.22g (21.88%), Saturated Fat: 8.68g (54.26%), Carbohydrates: 54.67g (18.22%), Net Carbohydrates: 47.74g (17.36%), Sugar: 17.95g (19.95%), Cholesterol: 39.16mg (13.05%), Sodium: 245.97mg

(10.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Vitamin A: 32550.83IU (651.02%), Manganese: 0.66mg (33.12%), Fiber: 6.92g (27.69%), Vitamin B6: 0.49mg (24.38%), Potassium: 802.89mg (22.94%), Vitamin B5: 1.94mg (19.39%), Copper: 0.35mg (17.58%), Magnesium: 59.71mg (14.93%), Phosphorus: 129.58mg (12.96%), Vitamin B1: 0.18mg (12.1%), Vitamin B2: 0.18mg (10.88%), Calcium: 97.37mg (9.74%), Iron: 1.5mg (8.34%), Folate: 27.02µg (6.76%), Vitamin C: 5.43mg (6.59%), Vitamin B3: 1.3mg (6.51%), Vitamin E: 0.97mg (6.48%), Zinc: 0.79mg (5.28%), Vitamin K: 5.33µg (5.08%), Selenium: 3.23µg (4.61%)