



Twice-Baked Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



105 min.

SERVINGS



4

CALORIES



572 kcal

SIDE DISH

Ingredients

- 1 pinch cayenne pepper
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 4 servings kosher salt and pepper black freshly ground
- 5 tablespoons brown sugar light
- 0.5 cup pecans chopped
- 4 medium size sweet potatoes
- 0.5 stick butter unsalted

- 4 servings vegetable oil for greasing roasting tray

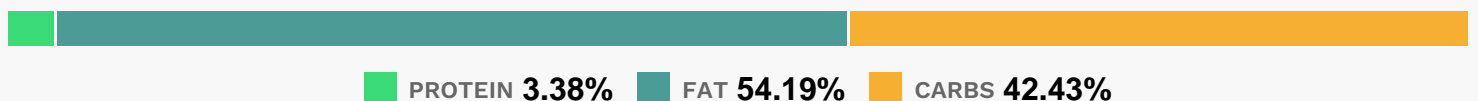
Equipment

- food processor
- bowl
- oven
- broiler

Directions

- Preheat the oven to 375 degrees F.
- Lightly scrub the sweet potatoes under cold running water.
- Place the potatoes on a roasting tray and bake until tender, 1 hour 15 minutes.
- Remove from the oven and allow the potatoes to cool slightly before cutting off the top third of the potatoes lengthwise. Scoop out the flesh using a large spoon (leave enough on the base so the skin holds its shape) and reserve bases.
- Add the potato flesh, 2 tablespoons of the sugar, cinnamon, nutmeg, cayenne pepper and butter to a food processor. Process until the ingredients are completely combined and the puree is smooth. Season with salt and pepper.
- Drizzle a roasting tray with a little oil. Set the potato skin bases upright on the tray and fill with the mixture.
- Combine the remaining 3 tablespoons sugar and pecans in a small bowl.
- Sprinkle the top of each stuffed sweet potato with the sugar-pecan topping.
- Bake 10 minutes. Finish the potatoes under the broiler for the top to brown, 1 minute, if desired.

Nutrition Facts



Properties

Glycemic Index:51.75, Glycemic Load:22.54, Inflammation Score:-10, Nutrition Score:19.681304279877%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg 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, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 572.15kcal (28.61%), Fat: 35.44g (54.52%), Saturated Fat: 10.31g (64.43%), Carbohydrates: 62.43g (20.81%), Net Carbohydrates: 54.15g (19.69%), Sugar: 24.59g (27.32%), Cholesterol: 30.37mg (10.12%), Sodium: 130.13mg (5.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.93%), Vitamin A: 32435.05IU (648.7%), Manganese: 1.27mg (63.35%), Fiber: 8.28g (33.12%), Vitamin K: 31.54µg (30.04%), Copper: 0.52mg (25.88%), Vitamin B6: 0.51mg (25.45%), Potassium: 844.17mg (24.12%), Vitamin B5: 1.96mg (19.63%), Magnesium: 75.21mg (18.8%), Vitamin B1: 0.27mg (17.84%), Vitamin E: 2.27mg (15.1%), Phosphorus: 148.61mg (14.86%), Iron: 1.87mg (10.4%), Calcium: 96.39mg (9.64%), Vitamin B2: 0.16mg (9.47%), Zinc: 1.32mg (8.81%), Vitamin B3: 1.45mg (7.24%), Folate: 28.58µg (7.15%), Vitamin C: 5.61mg (6.8%), Selenium: 2.21µg (3.16%), Vitamin D: 0.21µg (1.41%)