



Twice Baked Sweet Potatoes

 Gluten Free

READY IN



80 min.

SERVINGS



12

CALORIES



272 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup brown sugar
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- ☐ 8 ounce cream cheese softened
- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon pepper
- ☐ 2 tablespoons salad oil
- ☐ 0.8 teaspoon salt
- ☐ 6 sweet potatoes and into

- ☐ 1 tablespoon vanilla extract
- ☐ 0.3 cup walnut pieces chopped

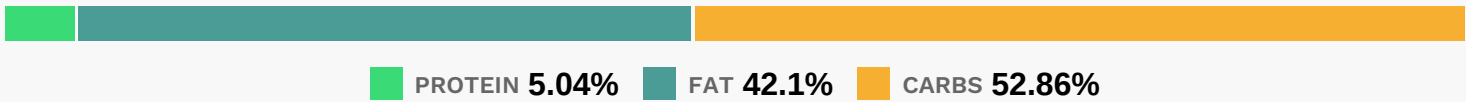
Equipment

- ☐ 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:11.182173956995%

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: 271.76kcal (13.59%), Fat: 12.89g (19.83%), Saturated Fat: 4.6g (28.75%), Carbohydrates: 36.43g (12.14%), Net Carbohydrates: 32.8g (11.93%), Sugar: 17.51g (19.46%), Cholesterol: 19.09mg (6.36%), Sodium: 292.44mg (12.71%), Alcohol: 0.37g (100%), Alcohol %: 0.31% (100%), Protein: 3.48g (6.95%), Vitamin A: 16369.7IU (327.39%), Manganese: 0.43mg (21.29%), Fiber: 3.63g (14.52%), Vitamin B6: 0.27mg (13.5%), Potassium: 440.07mg (12.57%), Copper: 0.23mg (11.67%), Vitamin B5: 1.05mg (10.5%), Magnesium: 36.53mg (9.13%), Phosphorus: 85.8mg (8.58%), Vitamin B2: 0.12mg (7.02%), Vitamin B1: 0.1mg (6.93%), Calcium: 66.84mg (6.68%), Vitamin E: 0.96mg (6.4%), Iron: 0.9mg (5.01%), Folate: 17.48µg (4.37%), Vitamin K: 4.32µg (4.11%), Selenium: 2.61µg (3.73%), Zinc: 0.54mg (3.6%), Vitamin B3: 0.7mg (3.51%), Vitamin C: 2.76mg (3.34%)