



Twice-Baked Sweet Potatoes With Bacon and Sour Cream

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounces canadian bacon diced
- ☐ 3 teaspoons chives fresh chopped
- ☐ 2 tablespoons cream sour reduced-fat
- ☐ 2 tablespoons sharp cheddar cheese shredded reduced-fat
- ☐ 16 ounces sweet potatoes and into

Equipment

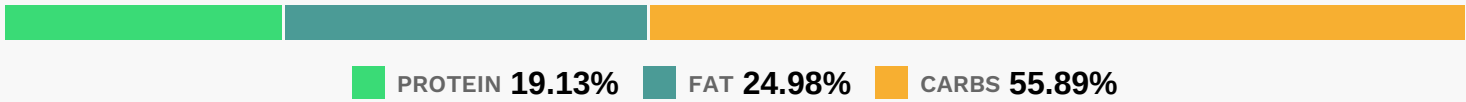
- ☐ bowl

- ☐ paper towels
- ☐ microwave

Directions

- ☐ Pierce potatoes with a fork, and arrange on paper towels. Microwave on high 8 minutes; turn potatoes over after 4 minutes.
- ☐ Cut each potato in half lengthwise, and scoop out the pulp, leaving 1/4-inch-thick shells. Mash pulp with 3 ounces Canadian bacon, 2 tablespoons sour cream, and 2 teaspoons chives in a bowl. Spoon mixture into shells.
- ☐ Sprinkle 2 tablespoons cheese over tops of potatoes. Microwave on high 2 minutes, and sprinkle with 1 teaspoon chives.

Nutrition Facts



Properties

Glycemic Index:65, Glycemic Load:22.63, Inflammation Score:-10, Nutrition Score:21.097826273545%

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 Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 339.78kcal (16.99%), Fat: 9.46g (14.55%), Saturated Fat: 4.66g (29.12%), Carbohydrates: 47.63g (15.88%), Net Carbohydrates: 40.79g (14.83%), Sugar: 9.58g (10.65%), Cholesterol: 40.46mg (13.49%), Sodium: 617.26mg (26.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.3g (32.6%), Vitamin A: 32430.53IU (648.61%), Vitamin B1: 0.51mg (33.77%), Vitamin B6: 0.65mg (32.73%), Manganese: 0.6mg (30.1%), Phosphorus: 288.02mg (28.8%), Fiber: 6.84g (27.37%), Potassium: 952.02mg (27.2%), Selenium: 16.62µg (23.75%), Vitamin B5: 2.1mg (21.02%), Vitamin B3: 3.94mg (19.69%), Calcium: 195.79mg (19.58%), Copper: 0.37mg (18.54%), Magnesium: 69.81mg (17.45%), Vitamin B2: 0.29mg (17.28%), Zinc: 1.89mg (12.6%), Iron: 1.73mg (9.61%), Vitamin D: 1.3µg (8.7%), Vitamin B12: 0.49µg (8.24%), Folate: 32.69µg (8.17%), Vitamin C: 6.42mg (7.78%), Vitamin K: 7.7µg (7.33%), Vitamin E: 0.83mg (5.54%)