



Twice-Baked Sweet Potatoes with Bacon-Sesame Brittle

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



258 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon cut into 1/2"-wide pieces
- ☐ 2 large eggs
- ☐ 2 spring onion thinly sliced lengthwise (dark-green parts only)
- ☐ 1 tablespoon sesame seed
- ☐ 0.3 cup sugar
- ☐ 36 ounces sweet potatoes and into
- ☐ 3 tablespoons butter unsalted room temperature

- ☐ 2 tablespoons miso white (fermented soybean paste)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ sieve
- ☐ aluminum foil
- ☐ spatula

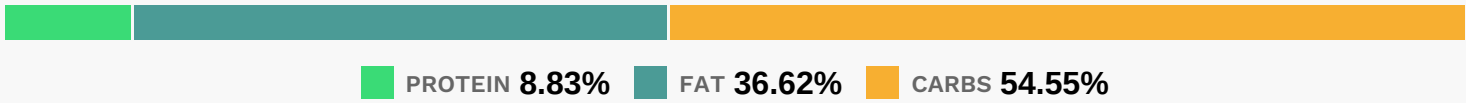
Directions

- ☐ Line a rimmed baking sheet with a silicone baking mat or parchment paper.
- ☐ Cook bacon in a medium nonstick skillet over medium heat until most of the fat is rendered and bacon is starting to crisp.
- ☐ Transfer bacon to a sieve set over a small bowl; reserve drippings.
- ☐ Return bacon, 1 tablespoon drippings, sugar, and sesame seeds to same skillet. Cook over medium heat, stirring frequently, until sugar turns the color of milk chocolate, about 5 minutes.
- ☐ Transfer mixture to prepared baking sheet and use a spatula to spread out evenly; let cool. Break brittle into shards. DO AHEAD: Can be made 1 day ahead. Store airtight at room temperature.
- ☐ Preheat oven to 400°F.
- ☐ Place sweet potatoes on a foil-lined baking sheet. Roast until tender, 45–55 minutes.
- ☐ Let sit until cool enough to handle.
- ☐ Slice potatoes in half lengthwise. Working over a large bowl, scoop out flesh from 8 halves, leaving a 1/2"-thick layer inside skins.
- ☐ Place potato halves on same foil-lined baking sheet. Scoop flesh from remaining 4 halves; discard skins. Mash flesh with a whisk; add eggs, butter, miso, and ginger and stir until mixture is smooth. Spoon or pipe filling into reserved skins. DO AHEAD: Can be made 6 hours ahead.

Cover and chill.

- ☐
- Bake potatoes until the tops are lightly puffed and golden brown, 30–35 minutes (potatoes will take longer if they've been chilled). Top potatoes with bacon–sesame brittle and scallions.

Nutrition Facts



Properties

Glycemic Index:32.01, Glycemic Load:19.09, Inflammation Score:-10, Nutrition Score:13.127826130908%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 258.29kcal (12.91%), Fat: 10.66g (16.4%), Saturated Fat: 4.69g (29.3%), Carbohydrates: 35.74g (11.91%), Net Carbohydrates: 31.48g (11.45%), Sugar: 14.03g (15.59%), Cholesterol: 65.05mg (21.68%), Sodium: 320.51mg (13.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.57%), Vitamin A: 18335.23IU (366.7%), Manganese: 0.4mg (20.01%), Fiber: 4.25g (17.01%), Vitamin B6: 0.34mg (16.77%), Potassium: 492.26mg (14.06%), Copper: 0.27mg (13.44%), Vitamin B5: 1.3mg (12.96%), Phosphorus: 115.97mg (11.6%), Selenium: 7.58µg (10.82%), Magnesium: 40.97mg (10.24%), Vitamin B1: 0.15mg (9.92%), Vitamin K: 10.16µg (9.67%), Vitamin B2: 0.16mg (9.53%), Iron: 1.34mg (7.46%), Vitamin B3: 1.26mg (6.32%), Calcium: 61.5mg (6.15%), Folate: 23.76µg (5.94%), Zinc: 0.88mg (5.85%), Vitamin C: 3.63mg (4.39%), Vitamin E: 0.65mg (4.34%), Vitamin B12: 0.18µg (2.98%), Vitamin D: 0.37µg (2.48%)