



Twice-Baked Sweet Potatoes with Caramelized Shallots and Sage

 Gluten Free

READY IN



115 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

Ingredients

- ☐ 2 sweet potatoes and into with fork scrubbed
- ☐ 2 tablespoons parmesan cheese freshly grated
- ☐ 1 tablespoon sage fresh finely chopped
- ☐ 1 shallots thinly sliced
- ☐ 2 tablespoons vegetable stock
- ☐ 1 serving salt and pepper

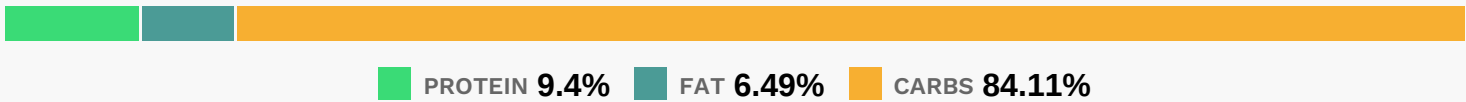
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 400°F. Line cookie sheet with foil; set aside.
- ☐ Place sweet potatoes on oven rack.
- ☐ Bake 1 hour or until soft. Cool potatoes 20 to 30 minute before handling. Reduce oven temperature to 375°F.
- ☐ Cut potatoes in half lengthwise. Scoop out flesh into large bowl; reserve potato skins on cookie sheet.
- ☐ Add Parmesan and sage to potato flesh; stir to combine.
- ☐ Heat 8-inch skillet over medium heat.
- ☐ Add shallot; cook 3 to 4 minutes, stirring occasionally, until shallot begins to brown.
- ☐ Add 1 tablespoon of the broth; stir vigorously. Cover; cook 2 minutes. Uncover; add remaining tablespoon broth. Cover; cook 2 minutes longer.
- ☐ Add shallot to potato mixture; stir to combine. Season to taste with salt and pepper. Divide mixture evenly among potato skins.
- ☐ Bake 20 minutes or until thoroughly heated.
- ☐ Serve immediately garnished with additional grated Parmesan cheese and sage leaves.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:11.52, Inflammation Score:-10, Nutrition Score:14.433912998308%

Flavonoids

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: 114.76kcal (5.74%), Fat: 0.84g (1.29%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 24.45g (8.15%), Net Carbohydrates: 20.75g (7.55%), Sugar: 5.28g (5.87%), Cholesterol: 2.17mg (0.73%), Sodium: 185.17mg (8.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.47%), Vitamin A: 16069.16IU (321.38%), Copper: 4.72mg (236.21%), Manganese: 0.46mg (23.07%), Fiber: 3.7g (14.79%), Vitamin B6: 0.26mg (12.99%), Potassium: 412.69mg (11.79%), Vitamin B5: 0.93mg (9.3%), Magnesium: 32.99mg (8.25%), Phosphorus: 73.26mg (7.33%), Calcium: 68.18mg (6.82%), Vitamin B1: 0.1mg (6.47%), Iron: 0.94mg (5.24%), Vitamin B2: 0.08mg (4.74%), Vitamin C: 3.21mg (3.89%), Folate: 14.7µg (3.68%), Zinc: 0.5mg (3.34%), Vitamin B3: 0.64mg (3.22%), Selenium: 1.63µg (2.33%), Vitamin E: 0.31mg (2.06%), Vitamin K: 2.13µg (2.03%)