



Twice Baked Sweet Potatoes with Ham



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



282 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 0.5 teaspoon chipotle chile powder to taste
- ☐ 1 cup ham smoked diced
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 3 tablespoons onion diced
- ☐ 0.7 cup pineapple divided crushed
- ☐ 3 tablespoons bell pepper diced red

☐ 2 large sweet potatoes

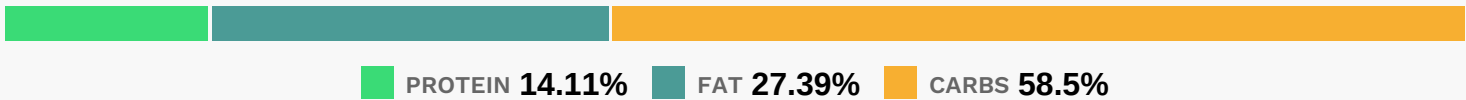
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ potato masher

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Bake sweet potatoes in the preheated oven until softened, about 1 hour.
- ☐ Heat canola oil in a skillet over medium heat; saute onion and red bell pepper until just softened, about 5 minutes.
- ☐ Add ham, 1/2 the pineapple, and chipotle powder; saute over low heat until heated through, about 5 more minutes.
- ☐ Cut sweet potatoes in half lengthwise and scoop out the insides, leaving a thin shell. Blend sweet potatoes in a blender or mash in a bowl with a potato masher. Stir the remaining pineapple, nutmeg, and cinnamon into mashed sweet potatoes.
- ☐ Return mashed sweet potato mixture to the shells and top each with ham mixture.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:17.15, Inflammation Score:-10, Nutrition Score:15.624347873356%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.56mg, Quercetin:

1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 281.62kcal (14.08%), Fat: 8.76g (13.48%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 42.1g (14.03%), Net Carbohydrates: 35.94g (13.07%), Sugar: 13.68g (15.2%), Cholesterol: 20.4mg (6.8%), Sodium: 610.99mg (26.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.15g (20.3%), Vitamin A: 24356.65IU (487.13%), Fiber: 6.16g (24.62%), Manganese: 0.48mg (24.08%), Potassium: 762.34mg (21.78%), Vitamin C: 17.28mg (20.94%), Vitamin B6: 0.41mg (20.73%), Copper: 0.41mg (20.34%), Phosphorus: 186.02mg (18.6%), Magnesium: 63.48mg (15.87%), Vitamin B5: 1.39mg (13.92%), Vitamin B1: 0.18mg (12.03%), Vitamin E: 1.79mg (11.93%), Iron: 1.76mg (9.78%), Zinc: 1.35mg (9.03%), Vitamin K: 8.74µg (8.32%), Vitamin B2: 0.12mg (7.06%), Calcium: 65.25mg (6.53%), Folate: 25.41µg (6.35%), Vitamin B3: 1.14mg (5.7%), Selenium: 1.23µg (1.75%)