



Twice-Baked Sweet Potatoes with Pork Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 1 tablespoon maple syrup pure
- ☐ 0.3 teaspoon paprika hot
- ☐ 4 teaspoons peanuts chopped
- ☐ 0.3 teaspoon pepper
- ☐ 16 oz pork loin boneless

- ☐ 0.1 teaspoon salt
- ☐ 4 servings salt and pepper to taste
- ☐ 4 medium sweet potatoes and into

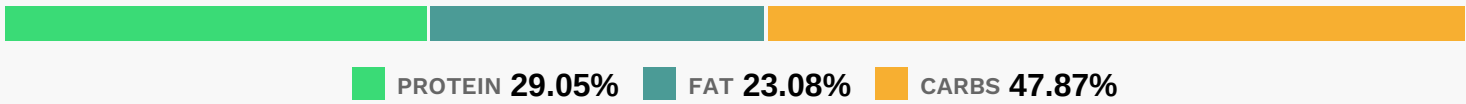
Equipment

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

Directions

- ☐ Preheat oven to 375F. Prick sweet potatoes with a fork; place on a sheet of foil in oven.
- ☐ Bake until tender, about 45 minutes.
- ☐ Let cool; cut a slice lengthwise along each potato, scoop out insides and place in a mixing bowl. Stir in maple syrup, cinnamon, paprika, 1/8 tsp. salt and 1/4 tsp. pepper. Return mixture to potato shells; top each with 1 teaspoon chopped peanuts. Mist a 9-by-13-inch baking pan with cooking spray.
- ☐ Bake potatoes in pan, uncovered, for 25 minutes.
- ☐ Sprinkle pork chops with salt and pepper to taste. Warm canola oil in skillet over medium heat; saut chops until cooked through, about 4 1/2 minutes per side.
- ☐ Sprinkle with chopped fresh rosemary.
- ☐ Serve with potatoes.

Nutrition Facts



Properties

Glycemic Index:40.19, Glycemic Load:23.74, Inflammation Score:-10, Nutrition Score:27.655217149983%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 417.59kcal (20.88%), Fat: 10.68g (16.44%), Saturated Fat: 2.1g (13.1%), Carbohydrates: 49.87g (16.62%), Net Carbohydrates: 42.48g (15.45%), Sugar: 12.46g (13.84%), Cholesterol: 71.44mg (23.81%), Sodium: 447.99mg (19.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.26g (60.53%), Vitamin A: 32125.97IU (642.52%), Vitamin B6: 1.35mg (67.45%), Vitamin B1: 0.72mg (47.72%), Selenium: 33.14µg (47.34%), Manganese: 0.88mg (43.84%), Vitamin B3: 8.58mg (42.89%), Phosphorus: 381.18mg (38.12%), Potassium: 1238.92mg (35.4%), Fiber: 7.39g (29.57%), Vitamin B5: 2.75mg (27.46%), Vitamin B2: 0.42mg (24.82%), Magnesium: 96.84mg (24.21%), Copper: 0.45mg (22.73%), Zinc: 2.87mg (19.13%), Iron: 2.24mg (12.46%), Vitamin B12: 0.58µg (9.64%), Vitamin E: 1.39mg (9.25%), Folate: 36.81µg (9.2%), Calcium: 86.48mg (8.65%), Vitamin C: 5.44mg (6.59%), Vitamin K: 6.91µg (6.58%), Vitamin D: 0.45µg (3.02%)