



Twice Baked Sweet Potatoes with Ricotta Cheese

 **Gluten Free**

READY IN



120 min.

SERVINGS



6

CALORIES



162 kcal

SIDE DISH

Ingredients

- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 0.5 cup whole-milk ricotta cheese fat-free
- 2.5 tablespoons sage fresh chopped
- 0.3 teaspoon ground ginger
- 0.3 teaspoon pepper black
- 1 teaspoon olive oil

- 0.3 cup parmesan cheese grated
- 0.3 teaspoon salt
- 2 shallots finely chopped
- 3 medium sweet potatoes and into

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- blender

Directions

- Preheat oven to 400 degrees F (200 degrees C). Pierce potatoes with a fork and bake until soft, about 1 hour.
- Remove from oven and cool until potatoes can be handled, about 20 minutes.
- Reduce oven temperature to 350 degrees F (175 degrees C). Grease a large baking sheet.
- Meanwhile, place olive oil in small skillet over medium heat.
- Add shallots and cook and stir until softened and beginning to brown, about 10 minutes. Set aside.
- Cut potatoes in half lengthwise and scoop out pulp, leaving a thin shell. Set shells aside.
- Place pulp into a blender or food processor and blend until smooth.
- Add ricotta, salt, pepper, ginger, and sugar to the blender; blend until smooth.
- Return potato mixture to a bowl; stir in shallots, Parmesan cheese, and sage. Spoon mixture back into potato skins.
- Place potatoes on prepared baking sheet.
- Bake until heated through, about 30 minutes.

Nutrition Facts



■ PROTEIN 12.36% ■ FAT 11.34% ■ CARBS 76.3%

Properties

Glycemic Index:20, Glycemic Load:11.57, Inflammation Score:-10, Nutrition Score:15.443912965448%

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

Nutrients (% of daily need)

Calories: 162.34kcal (8.12%), Fat: 2.03g (3.12%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 30.75g (10.25%), Net Carbohydrates: 26.89g (9.78%), Sugar: 9.92g (11.02%), Cholesterol: 6.91mg (2.3%), Sodium: 255.78mg (11.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.96%), Copper: 7.76mg (388.07%), Vitamin A: 16068.17IU (321.36%), Manganese: 0.61mg (30.47%), Fiber: 3.87g (15.48%), Vitamin B6: 0.27mg (13.53%), Calcium: 126.86mg (12.69%), Potassium: 434.52mg (12.41%), Vitamin B5: 0.95mg (9.49%), Magnesium: 36.39mg (9.1%), Phosphorus: 85.88mg (8.59%), Vitamin B1: 0.1mg (6.79%), Iron: 1.15mg (6.36%), Vitamin B2: 0.09mg (5.2%), Vitamin C: 3.38mg (4.1%), Zinc: 0.61mg (4.03%), Folate: 15.58µg (3.89%), Selenium: 2.34µg (3.34%), Vitamin B3: 0.66mg (3.31%), Vitamin E: 0.42mg (2.77%), Vitamin K: 2.71µg (2.58%)