



Twice-Baked Sweet Potatoes with Sesame Crust



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



187 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple juice concentrate thawed
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1 tablespoon blackstrap molasses
- ☐ 0.3 cup sesame seed toasted

☐ 3 pounds sweet potatoes

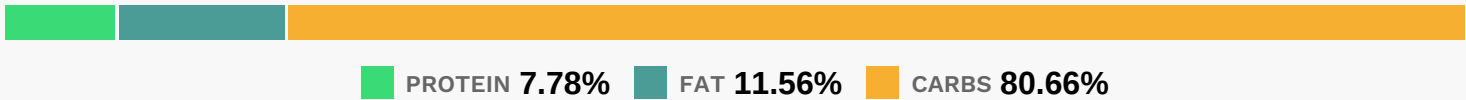
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat oven to 37
- ☐ Wrap potatoes in foil; bake at 375 for 1 hour or until tender. Cool. Peel and cut each potato into 6 wedges; set aside.
- ☐ Combine apple juice concentrate and next 4 ingredients (concentrate through ginger) in a microwave-safe bowl, and set aside.
- ☐ Combine sesame seeds and pepper in a bowl; set aside.
- ☐ Place potato wedges on a jelly-roll pan coated with cooking spray.
- ☐ Brush wedges with apple juice mixture, and sprinkle with sesame seed mixture.
- ☐ Bake at 375 for 15 minutes or until golden brown. Microwave remaining apple juice mixture at high 30 seconds or until hot, and drizzle over potato wedges.

Nutrition Facts



Properties

Glycemic Index:28.09, Glycemic Load:18.27, Inflammation Score:-10, Nutrition Score:14.523912979209%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg

0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 186.52kcal (9.33%), Fat: 2.46g (3.78%), Saturated Fat: 0.36g (2.28%), Carbohydrates: 38.56g (12.85%), Net Carbohydrates: 32.84g (11.94%), Sugar: 9.86g (10.95%), Cholesterol: 0mg (0%), Sodium: 167.43mg (7.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Vitamin A: 24158.41IU (483.17%), Manganese: 0.61mg (30.47%), Copper: 0.46mg (23.21%), Fiber: 5.72g (22.9%), Vitamin B6: 0.42mg (20.9%), Potassium: 653.73mg (18.68%), Magnesium: 67.33mg (16.83%), Vitamin B5: 1.4mg (13.99%), Vitamin B1: 0.17mg (11.63%), Phosphorus: 114.72mg (11.47%), Iron: 1.88mg (10.47%), Calcium: 103.47mg (10.35%), Vitamin B2: 0.12mg (7.22%), Vitamin C: 5.68mg (6.88%), Folate: 25.01µg (6.25%), Vitamin B3: 1.22mg (6.12%), Zinc: 0.9mg (6.02%), Selenium: 3.11µg (4.44%), Vitamin E: 0.49mg (3.26%), Vitamin K: 3.11µg (2.96%)