




 **5%**
HEALTH SCORE

Twice-Roasted Sweet Potatoes with Chipotle


 Vegetarian  Gluten Free

READY IN




105 min.

SERVINGS



12

CALORIES



151 kcal

SIDE DISH

Ingredients

- 1 teaspoon chiles in adobo sauce
- 0.3 cup butter softened
- 1 tablespoon chipotles in adobo canned finely chopped
- 3 spring onion
- 0.5 teaspoon salt
- 3.5 pounds sweet potatoes and into unpeeled

Equipment

- food processor

baking sheet

oven

Directions

Preheat oven to 40

Pierce potatoes with a fork; place on a baking sheet.

Bake at 400 for 1 hour and 15 minutes or until done. Cool slightly.

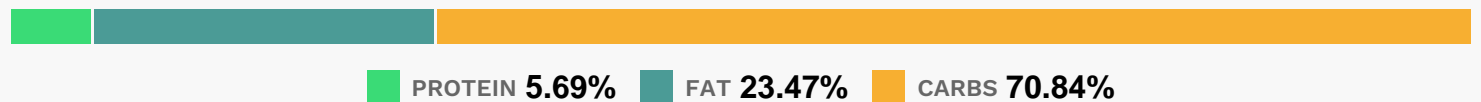
Cut each potato in half lengthwise; scoop out pulp, leaving a 1/4-inch-thick shell.

Combine potato pulp, butter, chiles, adobo, and salt in a food processor. Finely chop white bottom part of onions; add to pulp mixture. (Reserve green onion tops.) Pulse mixture 5 times to combine.

Arrange potato shells on baking sheet. Spoon potato mixture into shells.

Bake at 400 for 10 minutes or until hot. Thinly slice green top part of onions, and sprinkle over potatoes.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:13.18, Inflammation Score:-10, Nutrition Score:10.713912958684%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 150.61kcal (7.53%), Fat: 3.99g (6.15%), Saturated Fat: 2.47g (15.42%), Carbohydrates: 27.13g (9.04%), Net Carbohydrates: 22.95g (8.35%), Sugar: 5.69g (6.33%), Cholesterol: 10.17mg (3.39%), Sodium: 272.03mg (11.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Vitamin A: 18918.15IU (378.36%), Manganese: 0.35mg (17.32%), Fiber: 4.18g (16.71%), Vitamin B6: 0.28mg (13.92%), Potassium: 456.06mg (13.03%), Vitamin B5: 1.07mg (10.66%), Copper: 0.2mg (10.12%), Vitamin K: 8.95µg (8.53%), Magnesium: 33.87mg (8.47%), Vitamin B1: 0.11mg (7.02%), Phosphorus: 64.58mg (6.46%), Vitamin B2: 0.08mg (4.99%), Iron: 0.9mg (4.98%), Vitamin C: 3.76mg (4.56%), Calcium: 43.56mg (4.36%), Folate: 16.65µg (4.16%), Vitamin B3: 0.76mg (3.78%), Vitamin E:

0.48mg (3.21%), Zinc: 0.41mg (2.76%), Selenium: 0.87 μ g (1.25%)