



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 chipotle sauce canned finely chopped
- ☐ 3 green onions
- ☐ 0.5 teaspoon salt
- ☐ 3.5 pounds sweet potatoes unpeeled

Equipment

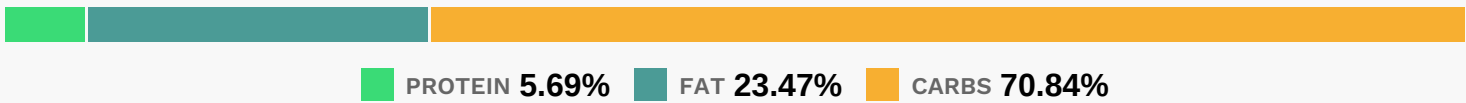
- ☐ food processor

- ☐ 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, 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: Og (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: 0.87µg (1.25%)