



## Loaded Baked Sweet Potatoes

### U.S.

4 medium	Sweet Potato, washed
2 cups	One Pot Bean Chili (see recipe)
1/4 cup	Cheddar Cheese, lowfat, shredded
1/4 cup	Yogurt, Greek, plain, lowfat
1 1/2 Tbsp	Fresh Chives, chopped

### Metric

4 medium
226 g
28 g
59 g
6 g

### **Preparation:**

1. Gather all ingredients and equipment.
2. Preheat the oven to 400 °F / 200 °C.
3. Prick potatoes with fork and microwave until they begin to soften, 5-10 minutes.
4. Wrap sweet potatoes in tin foil and place in preheated oven. Bake until tender, about 20 minutes.
5. Remove the sweet potatoes from the oven and cut open lengthwise. Top each potato with ½ cup of chili, then divide the cheese. Top potatoes with yogurt and chives. Serve warm.

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## Nutrition Facts

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4 Servings

**Serving size**                      **1 potato with 1/2 cup chili**

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**Amount per serving**

**Calories**                              **230**

Calories from Fat                      15

**Total Fat**                              2 g

    Saturated Fat                      1 g

    Trans Fat                            0 g

    Monounsaturated Fat              0 g

**Cholesterol**                          5 mg

**Sodium**                                250 mg

**Total Carbohydrate**                44 g

    Dietary Fiber                      9 g

    Total Sugars                        9 g

        Includes 0g Added Sugars

**Protein**                                10 g

Vitamin D                                0 %

Calcium                                  15 %

Iron                                        10 %

Potassium                                700 mg

Phosphorus                               150 mg

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