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## Vegan Stuffed Sweet Potatoes ♦♦

Vegan Stuffed Sweet Potatoes are a delicious and nutritious meal option. They are made by stuffing baked sweet potatoes with a flavorful mixture of vegetables, beans, and spices. This recipe is perfect for vegans and anyone looking for a healthy and satisfying meal.

**Recipe Type:** Vegan

**Prep Time:** 15 mins

**Cook Time:** 60 mins

**Total Time:** 75 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>1000 g</b>	Sweet Potatoes
<b>400 g</b>	Black Beans
<b>150 g</b>	Red Bell Pepper
<b>100 g</b>	red onion
<b>200 g</b>	corn

<b>100 g</b>	spinach
<b>2 cloves</b>	garlic
<b>2 tsp</b>	cumin
<b>1 tsp</b>	chili powder
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper
<b>2 tbsp</b>	olive oil

## Directions

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### Step 1

#### Preheating

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Baking

Wash the sweet potatoes and pierce them with a fork. Place them on a baking sheet and bake for 45-60 minutes, or until tender.

**Prep Time:** 5 mins

**Cook Time:** 60 mins

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### Step 3

#### Sautéing

While the sweet potatoes are baking, prepare the stuffing. In a large skillet, heat olive oil over medium heat. Add garlic, red onion, and red bell pepper. Cook until the vegetables are tender.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 4

#### Sautéing

Add black beans, corn, spinach, cumin, chili powder, salt, and black pepper to the skillet. Stir well to combine. Cook for an additional 5 minutes, or until the spinach is wilted.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 5

#### Cutting

Once the sweet potatoes are cooked, remove them from the oven and let them cool slightly. Cut them in half lengthwise and scoop out some of the flesh to create a well for the stuffing.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

### Baking

Fill each sweet potato half with the stuffing mixture. Return the stuffed sweet potatoes to the oven and bake for an additional 10 minutes, or until heated through.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

## Step 7

### Serving

Serve the vegan stuffed sweet potatoes hot. Optional toppings include vegan sour cream, chopped cilantro, and lime wedges.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 8 g

**Protein:** 10 g

**Carbohydrates:** 50 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	400 iu	44.44%	57.14%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	20 mg	0.59%	0.77%
Zinc	8 mg	72.73%	100%
Selenium	6 mcg	10.91%	10.91%

## Recipe Attributes

### Seasonality

Summer

Fall

## Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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