



BAKED BEANS WITH SWEET POTATO AND A SIDE SALAD OF SWISS CHARD, TOMATO, AND ONION.

1 porción

INGREDIENTES

- 1 sweet potato [300g]
- 1/2 cup of whole canned beans [128g]
- 50 grams of fresh Swiss chard
- 1 ripe, tomato [75g]
- 1 small white onion [80g]
- 1 commercial-size container of plain, low-fat yogurt [125g]
- 1 tablespoon of sunflower oil [9g]

MÉTODO DE PREPARACIÓN

- 1º Thoroughly wash the beans. Preheat the oven to 200°C. Scrub the sweet potato well, cut it into cubes, and roast in the oven for 45-60 minutes. Julienne the Swiss chard, tomato, and onion. Mix the natural yogurt, salt, and pepper in a bowl to make the dressing. Serve the lentils with the roasted sweet potato and the Swiss chard salad dressed with the yogurt dressing.

INFORMACIÓN NUTRICIONAL

| | POR 100 g | POR PORCIÓN [690 g] | % DDR |
|-------------------|-----------|---------------------|-------|
| ENERGÍA | 84 kcal | 582 kcal | 29 % |
| GRASA | 2 g | 12 g | 19 % |
| GRASAS SATURADAS | 0 g | 1 g | 6 % |
| COLESTEROL | 0 mg | 1 mg | 0 % |
| SODIO | 87 mg | 597 mg | 25 % |
| H. CARBONO | 14 g | 100 g | 33 % |
| AZÚCARES | 2 g | 16 g | — |
| FIBRA ALIMENTARIA | 2 g | 16 g | 65 % |
| PROTEÍNA | 3 g | 18 g | — |