

# Paleo Curried Twice Baked Sweet Potatoes

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/baked-sweet-potatoes-recipe-for-thanksgiving>

## Ingredients:

- 1 pound bulk italian sausage
- 4 sweet potatoes if you're buying them for this specific recipes, try to buy the rounder/fatter ones so they are easier to restuff tha...
- 1 yellow onion diced
- 1 garlic clove minced
- 2 tablespoons curry powder
- 1 teaspoon ginger
- 1 teaspoon ground cloves
- 1 teaspoon canela
- salt to taste
- pepper to taste
- 2 tablespoons fat of choice, I used olive oil because it was all I had on hand

## Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 100 milligrams
4. Fat: 42 grams
5. Fiber: 7 grams
6. Protein: 20 grams
7. SaturatedFat: 16 grams
8. Sodium: 1140 milligrams
9. Sugar: 6 grams

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