

# Twice Baked Mexican Sweet Potatoes

Yield: 4 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-yam-recipe>

## Ingredients:

- 4 sweet potatoes large
- 1 teaspoon olive oil + extra for brushing potatoes
- 1 pound ground beef
- 1 cup corn frozen
- 15 ounces black beans drained and rinsed
- 1 1/2 tablespoons taco seasoning
- 1 cup shredded cheese I used pepper-jack
- 1/4 cup cilantro chopped
- 1 avocado diced, optional
- sour cream optional
- salsa extra, optional

## Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 57 grams
3. Cholesterol: 110 milligrams
4. Fat: 37 grams
5. Fiber: 16 grams
6. Protein: 40 grams
7. SaturatedFat: 15 grams
8. Sodium: 870 milligrams
9. Sugar: 8 grams
10. TransFat: 1 grams

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