

Sweet Potato Baked Egg

3 ingredients · 45 minutes · 1 serving



Directions

1. Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Slice the sweet potatoes in half lengthwise, and brush the flesh with oil. Bake face-down on the baking sheet for 30 minutes or until tender.
3. Once tender, remove the sweet potato from the oven and let cool enough to handle. Use a spoon to scoop out some flesh from each half of the sweet potato to make room for the egg. (Note: You can use the sweet potato you remove later, as a side dish or in smoothies.)
4. Crack an egg into the hole you created in the sweet potato, and return to the oven for 10 to 15 minutes, depending on how runny you like your eggs.
5. Remove from oven and enjoy!

Ingredients

1 Sweet Potato (large enough to hold an egg)

7 milliliters Extra Virgin Olive Oil

2 Egg

Nutrition

Amount per serving

Calories	314	Sugar	6g
Fat	16g	Protein	15g
Carbs	27g	Vitamin A	18983IU
Fiber	4g	Zinc	2mg

