



Ancho-Beer Mashers

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



323 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup ale beer
- ☐ 5 ancho chile peppers
- ☐ 2 pounds baking potatoes
- ☐ 0.3 cup butter softened
- ☐ 2 teaspoons salt
- ☐ 0.5 pound sweet potatoes
- ☐ 1 cup water hot

Equipment

- ☐ mixing bowl
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Combine peppers and 1 cup hot water; let stand 10 minutes.
- ☐ Drain peppers, reserving 1/2 cup water.
- ☐ Process peppers and reserved water in a blender until smooth, stopping to scrape down sides.
- ☐ Peel potatoes, and cut into 1-inch cubes. Cook in boiling water to cover 20 to 25 minutes or until tender; drain and place in a large mixing bowl.
- ☐ Add pepper puree, beer, and salt; beat at medium speed with an electric mixer until smooth and fluffy (do not overbeat).

Nutrition Facts



Properties

Glycemic Index:30.54, Glycemic Load:25.53, Inflammation Score:-10, Nutrition Score:20.839130400316%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 322.92kcal (16.15%), Fat: 9.45g (14.54%), Saturated Fat: 1.86g (11.64%), Carbohydrates: 56.09g (18.7%), Net Carbohydrates: 44.62g (16.22%), Sugar: 14.49g (16.1%), Cholesterol: 0mg (0%), Sodium: 922mg (40.09%), Alcohol: 0.77g (100%), Alcohol %: 0.34% (100%), Protein: 7.09g (14.18%), Vitamin A: 13428.1IU (268.56%), Fiber: 11.47g (45.88%), Vitamin B6: 0.85mg (42.34%), Potassium: 1312.74mg (37.51%), Vitamin K: 34.96µg (33.3%), Manganese: 0.58mg (28.9%), Vitamin B2: 0.43mg (25.46%), Vitamin C: 18.7mg (22.67%), Vitamin B3: 4.41mg (22.03%), Iron: 3.3mg (18.35%), Magnesium: 71.77mg (17.94%), Phosphorus: 152.23mg (15.22%), Copper: 0.29mg (14.36%), Vitamin

B1: 0.18mg (11.93%), Vitamin B5: 1.05mg (10.52%), Folate: 41.48µg (10.37%), Vitamin E: 1.32mg (8.82%), Zinc: 0.86mg (5.72%), Calcium: 49.41mg (4.94%), Selenium: 1.97µg (2.82%)