



# Apple Cider Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



345 kcal

BEVERAGE

DRINK

## Ingredients

- 1 cup apple cider
- 1 tablespoon butter
- 1 pinch ground pepper black
- 0.5 teaspoon salt
- 3 pounds sweet potatoes cubed peeled

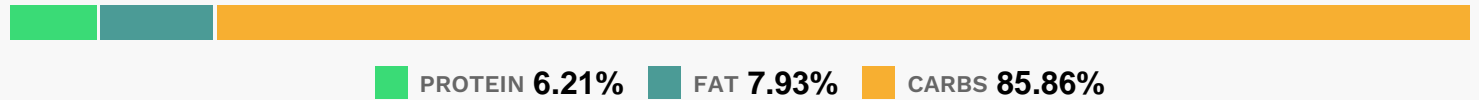
## Equipment

- pot

## Directions

- Combine the sweet potatoes, apple cider, and salt in a large pot over high heat. Bring to a boil. Reduce heat, cover and simmer until potatoes are tender, 20 to 30 minutes.
- Mash potatoes together with the cider until smooth. Stir in the butter, and season with pepper.

## Nutrition Facts



## Properties

Glycemic Index:45.19, Glycemic Load:36.45, Inflammation Score:-10, Nutrition Score:19.856521703951%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

## Nutrients (% of daily need)

Calories: 344.86kcal (17.24%), Fat: 3.09g (4.75%), Saturated Fat: 1.87g (11.71%), Carbohydrates: 75.13g (25.04%), Net Carbohydrates: 64.8g (23.56%), Sugar: 19.9g (22.11%), Cholesterol: 7.53mg (2.51%), Sodium: 502.66mg (21.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.86%), Vitamin A: 48351.55IU (967.03%), Manganese: 0.93mg (46.26%), Fiber: 10.33g (41.32%), Vitamin B6: 0.72mg (36.09%), Potassium: 1207.28mg (34.49%), Vitamin B5: 2.75mg (27.55%), Copper: 0.52mg (26.07%), Magnesium: 88.12mg (22.03%), Vitamin B1: 0.28mg (18.53%), Phosphorus: 164.9mg (16.49%), Vitamin B2: 0.22mg (12.87%), Iron: 2.15mg (11.95%), Calcium: 107.91mg (10.79%), Vitamin C: 8.7mg (10.54%), Vitamin B3: 1.94mg (9.7%), Folate: 37.53µg (9.38%), Zinc: 1.04mg (6.91%), Vitamin E: 0.97mg (6.48%), Vitamin K: 6.41µg (6.1%), Selenium: 2.14µg (3.05%)