



Basil Pesto and Bacon Mashed Sweet Potatoes

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



259 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup roasted almonds
- ☐ 5 slices uncured bacon diced
- ☐ 3 tablespoons butter
- ☐ 2 cups chicken broth or as needed to cover
- ☐ 1 cup basil leaves fresh
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1 tablespoon juice of lemon

- ☐ 0.8 cup milk
- ☐ 3 tablespoons olive oil to taste
- ☐ 3 sweet potatoes peeled cut into 1-inch cubes

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ Place sweet potatoes into a saucepan, cover with chicken broth, and bring to a boil. Reduce heat to low, cover, and simmer until sweet potatoes are tender enough to pierce easily with a fork, about 10 minutes.
- ☐ Drain and return potatoes to pan; add butter and cover pan.
- ☐ Cook and stir bacon in a large skillet over medium heat until browned and crisp, about 10 minutes.
- ☐ Transfer bacon to paper towels to blot grease.
- ☐ Process basil and almonds in a food processor until pulverized, about 30 seconds, and slowly drizzle olive oil into the running food processor until thick, 1 to 2 minutes.
- ☐ Add lemon juice, salt, and black pepper to basil mixture and pulse several times to combine to make the pesto.
- ☐ Beat sweet potatoes in a bowl with an electric mixer on medium speed, slowly adding milk, until potatoes are fluffy and smooth. Alternatively, mash sweet potatoes with a fork if you prefer a more chunky texture. Season to taste with more salt; stir in pesto and bacon.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:8.9, Inflammation Score:-10, Nutrition Score:12.713478233503%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 258.75kcal (12.94%), Fat: 18.12g (27.88%), Saturated Fat: 5.87g (36.7%), Carbohydrates: 19.8g (6.6%), Net Carbohydrates: 16.62g (6.04%), Sugar: 5.15g (5.72%), Cholesterol: 24.28mg (8.09%), Sodium: 398.36mg (17.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.59%), Vitamin A: 12356.95IU (247.14%), Manganese: 0.4mg (19.88%), Vitamin K: 17.74µg (16.89%), Vitamin E: 2.36mg (15.76%), Fiber: 3.18g (12.72%), Vitamin B6: 0.24mg (11.99%), Potassium: 403.9mg (11.54%), Phosphorus: 109.83mg (10.98%), Vitamin B2: 0.18mg (10.85%), Magnesium: 40.54mg (10.14%), Copper: 0.2mg (10.1%), Vitamin B1: 0.14mg (9.35%), Vitamin B5: 0.88mg (8.82%), Calcium: 75.8mg (7.58%), Vitamin B3: 1.37mg (6.86%), Selenium: 4.19µg (5.99%), Iron: 0.92mg (5.09%), Zinc: 0.72mg (4.81%), Vitamin C: 3.3mg (4%), Vitamin B12: 0.21µg (3.55%), Folate: 13.88µg (3.47%), Vitamin D: 0.31µg (2.04%)