

EAT GOOD FOOD

A GROCER'S GUIDE to SHOPPING, COOKING,
and CREATING COMMUNITY through FOOD

 7%
HEALTH SCORE

Bi-Rite Market's Curried Coconut Sweet Potato Mash

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



290 kcal

SIDE DISH

Ingredients

- 1 pinch ground pepper
- 0.8 cup coconut milk (see tip below)
- 1 tablespoon curry powder
- 0.3 teaspoon ground cinnamon
- 6 servings kosher salt
- 2.5 pounds sweet potatoes and into scrubbed cut into 1 1/2-inch chunks (3 or 4 large)
- 0.3 cup butter unsalted

Equipment

- baking sheet
- oven
- whisk
- pot
- skewers
- steamer basket

Directions

- Fit a steamer basket into a large pot, add water just to the bottom of the basket, and arrange the sweet potatoes in a snug layer in the basket. Bring the water to a boil over medium-high heat, cover the pot, and lower the heat to maintain a vigorous simmer. Cook until the potatoes are completely tender when pierced with a skewer, 15 to 20 minutes. (Keep an eye on the water level during cooking, and add more if it threatens to boil off.)
- Remove from the heat, carefully remove the potatoes from the basket, and set aside.
- Pour the water out of the pot and return to medium heat.
- Add the butter, curry, cinnamon, and cayenne and cook, stirring constantly, until the butter is melted and the spices are fragrant, about 2 minutes.
- Add the coconut milk and 1 1/2 teaspoons salt, bring to a simmer, and cook for an additional minute to thicken slightly.
- Remove from the heat and stir in the lemon juice.
- Carefully peel off and discard the potato skins.
- Add the potatoes to the pot and mash until smooth and all ingredients are blended. (At this point you can adjust the consistency of the potatoes by adding up to 1/2 cup of water.) Taste and add more salt or lemon juice as needed. If necessary, reheat over low heat, stirring constantly.
- To serve, transfer to a serving dish and top with the coconut.
- You can make these potatoes up to a day ahead. Reheat in a covered ovenproof dish in a 350°F oven until heated through, about 40 minutes.

Garnish just before serving. Note: To toast coconut, spread it in an even layer on a rimmed baking sheet and bake in a 350°F oven, stirring occasionally, until golden. Tip: Make sure you use coconut milk (which is unsweetened) and not coconut cream (which has a hefty dose of sugar added). And because the fatty coconut solids rise to the top, it's always a good idea to whisk the entire contents of the can before measuring out the amount you need.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:19.55, Inflammation Score:-10, Nutrition Score:14.850434841021%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 289.51kcal (14.48%), Fat: 13.93g (21.44%), Saturated Fat: 10.26g (64.12%), Carbohydrates: 39.48g (13.16%), Net Carbohydrates: 33.43g (12.16%), Sugar: 7.94g (8.82%), Cholesterol: 20.34mg (6.78%), Sodium: 302.98mg (13.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Vitamin A: 27066.38IU (541.33%), Manganese: 0.76mg (38.16%), Fiber: 6.05g (24.2%), Vitamin B6: 0.42mg (20.76%), Potassium: 717.5mg (20.5%), Copper: 0.36mg (17.93%), Magnesium: 63.05mg (15.76%), Vitamin B5: 1.57mg (15.66%), Iron: 2.39mg (13.29%), Phosphorus: 121.81mg (12.18%), Vitamin B1: 0.16mg (10.45%), Vitamin B2: 0.12mg (7.15%), Calcium: 69.81mg (6.98%), Folate: 26.59µg (6.65%), Vitamin B3: 1.27mg (6.37%), Vitamin E: 0.94mg (6.25%), Vitamin C: 4.95mg (6%), Zinc: 0.78mg (5.18%), Vitamin K: 5.1µg (4.86%), Selenium: 1.4µg (2.01%)