



Bourbon Mashed Sweet Potatoes



Vegetarian



Popular

READY IN



40 min.

SERVINGS



6

CALORIES



314 kcal

SIDE DISH

Ingredients

- ☐ 3 Tbsp bourbon whisky
- ☐ 4 Tbsp brown sugar to taste (more or less)
- ☐ 4 Tbsp butter to taste (more or less)
- ☐ 6 servings salt
- ☐ 3 pounds garnet sweet potatoes peeled cut into 1 inch chunks
- ☐ 2 teaspoons vanilla extract

Equipment

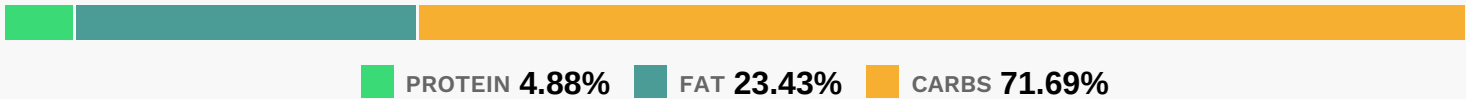
- ☐ pot

- ☐ potato masher
- ☐ stove

Directions

- ☐ Place the sweet potato chunks in a large (5 quart) pot, cover with water.
- ☐ Add a tablespoon of salt to the water. Bring to a boil. Cook until tender, about 15 to 20 minutes.2
- ☐ Drain the cooked sweet potatoes and return them to the pot on the stove. Lower the heat to low.
- ☐ Add the bourbon and the butter to the pot and stir.
- ☐ Add the brown sugar and vanilla extract and stir. Mash with a potato masher until smooth.
- ☐ Add more salt, bourbon, butter, and brown sugar to taste.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:22.52, Inflammation Score:-10, Nutrition Score:14.643478260092%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 314.49kcal (15.72%), Fat: 7.79g (11.99%), Saturated Fat: 4.91g (30.67%), Carbohydrates: 53.65g (17.88%), Net Carbohydrates: 46.85g (17.04%), Sugar: 17.41g (19.35%), Cholesterol: 20.35mg (6.78%), Sodium: 381.83mg (16.6%), Alcohol: 2.96g (100%), Alcohol %: 1.48% (100%), Protein: 3.65g (7.3%), Vitamin A: 32412.15IU (648.24%), Manganese: 0.6mg (29.76%), Fiber: 6.8g (27.22%), Vitamin B6: 0.48mg (23.9%), Potassium: 779.38mg (22.27%), Vitamin B5: 1.84mg (18.36%), Copper: 0.35mg (17.45%), Magnesium: 57.77mg (14.44%), Vitamin B1: 0.18mg (11.86%), Phosphorus: 109.57mg (10.96%), Vitamin B2: 0.14mg (8.42%), Iron: 1.45mg (8.05%), Calcium: 77.22mg (7.72%), Vitamin C: 5.44mg (6.6%), Vitamin B3: 1.28mg (6.41%), Folate: 25.31µg (6.33%), Vitamin E: 0.81mg (5.4%), Zinc: 0.7mg (4.64%), Vitamin K: 4.74µg (4.52%), Selenium: 1.55µg (2.22%)