



Bourbon Pecan Smashed Sweet Potatoes

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



397 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 ounces bourbon
- ☐ 3 tablespoons brown sugar
- ☐ 3 tablespoons butter cut into small pieces
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.5 cup orange juice
- ☐ 0.5 cup pecans chopped
- ☐ 4 servings salt and pepper
- ☐ 3 medium sweet potatoes peeled cut into chunks

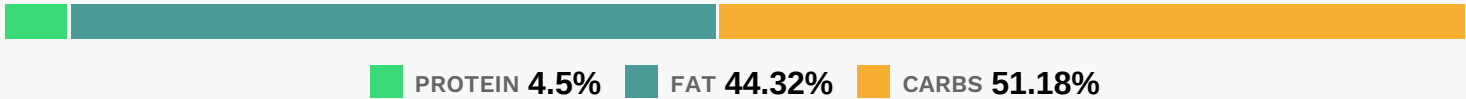
Equipment

- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a medium pot of water to a boil.
- ☐ Add sweet potatoes and cook 12 to 15 minutes until very tender.
- ☐ Drain sweet potatoes in a colander. Return pan to medium heat.
- ☐ Add butter to the pan. When butter melts, add nuts and toast for 2 minutes.
- ☐ Add sugar and let it bubble.
- ☐ Add bourbon and cook out alcohol, 1 minute.
- ☐ Add orange juice and the cooked sweet potatoes. Smash with a masher and season the sweet potatoes with nutmeg, salt and pepper.

Nutrition Facts



Properties

Glycemic Index:63.75, Glycemic Load:18.56, Inflammation Score:-10, Nutrition Score:16.725652313751%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg
Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 396.75kcal (19.84%), Fat: 18.52g (28.49%), Saturated Fat: 6.31g (39.43%), Carbohydrates: 48.12g (16.04%),
Net Carbohydrates: 41.64g (15.14%), Sugar: 19g (21.11%), Cholesterol: 22.58mg (7.53%), Sodium: 357.52mg (15.54%),
Alcohol: 4.73g (100%), Alcohol %: 2.42% (100%), Protein: 4.23g (8.47%), Vitamin A: 24379.12IU (487.58%),
Manganese: 1.07mg (53.36%), Fiber: 6.48g (25.92%), Vitamin C: 19.72mg (23.9%), Copper: 0.44mg (22.09%),
Potassium: 704.33mg (20.12%), Vitamin B6: 0.4mg (19.98%), Vitamin B1: 0.25mg (16.79%), Magnesium: 63.53mg
(15.88%), Vitamin B5: 1.56mg (15.56%), Phosphorus: 126.39mg (12.64%), Iron: 1.52mg (8.43%), Vitamin B2: 0.13mg
(7.92%), Folate: 31.44µg (7.86%), Zinc: 1.16mg (7.75%), Calcium: 74.14mg (7.41%), Vitamin B3: 1.25mg (6.23%),
Vitamin E: 0.89mg (5.92%), Vitamin K: 4.29µg (4.09%), Selenium: 1.78µg (2.54%)