



WHATSheATE



Bourbon-Walnut Sweet Potato Mash



Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



433 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons bourbon
- ☐ 0.8 cup butter
- ☐ 1 teaspoon ground allspice
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.8 teaspoon nutmeg
- ☐ 0.3 cup maple syrup pure
- ☐ 4 pounds cubes red-skinned sweet potato (yams)
- ☐ 1 cup walnuts toasted chopped

☐ 0.5 cup whipping cream

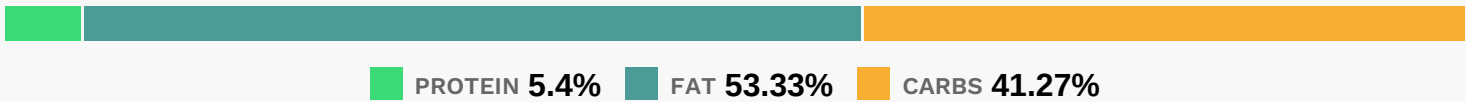
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 350°F. Roast potatoes on rimmed baking sheet until tender, 1 to 1 1/2 hours. Cool slightly. Scoop flesh into large bowl; discard skins. Mash hot potatoes until coarse puree forms.
- ☐ Heat cream and butter in heavy small saucepan over low heat until butter melts, stirring occasionally. Gradually stir hot cream mixture into hot potatoes. Stir in syrup, bourbon, and all spices. Season with salt and pepper. DO AHEAD: Can be prepared 1 day ahead. Cover and chill. Rewarm in microwave.
- ☐ Sprinkle nuts over and serve.

Nutrition Facts



Properties

Glycemic Index:21.15, Glycemic Load:2.2, Inflammation Score:-10, Nutrition Score:21.114782823169%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg

Nutrients (% of daily need)

Calories: 433.06kcal (21.65%), Fat: 26.08g (40.12%), Saturated Fat: 12.31g (76.95%), Carbohydrates: 45.41g (15.14%), Net Carbohydrates: 38.41g (13.97%), Sugar: 17.29g (19.21%), Cholesterol: 50.05mg (16.68%), Sodium: 179.2mg (7.79%), Alcohol: 1g (100%), Alcohol %: 0.54% (100%), Protein: 5.94g (11.88%), Vitamin A: 35473.39IU (709.47%), Manganese: 1.55mg (77.48%), Vitamin C: 35.88mg (43.49%), Vitamin B6: 0.59mg (29.38%), Fiber: 7.01g (28.02%), Potassium: 950.89mg (27.17%), Copper: 0.48mg (24.19%), Vitamin B2: 0.34mg (20.04%), Magnesium: 71.06mg

(17.77%), Vitamin B5: 1.72mg (17.21%), Vitamin B1: 0.24mg (16.24%), Phosphorus: 150.3mg (15.03%), Vitamin B3: 2.86mg (14.31%), Vitamin E: 1.88mg (12.54%), Calcium: 105.73mg (10.57%), Iron: 1.66mg (9.23%), Zinc: 1.05mg (7.03%), Folate: 23.54µg (5.89%), Vitamin K: 6.16µg (5.86%), Selenium: 1.48µg (2.12%), Vitamin D: 0.19µg (1.27%)