



Browned Butter Bourbon Mashed Sweet Potatoes

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



207 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons bourbon
- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 cup half and half
- ☐ 0.8 teaspoon kosher salt

☐ 3 pounds sweet potatoes and into peeled coarsely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Place garlic and potatoes in a Dutch oven, and cover with water; bring to a boil. Reduce heat; simmer for 18 minutes or until tender.
- ☐ Drain.
- ☐ Place potatoes in a large bowl.
- ☐ Return pan to medium-high heat.
- ☐ Add butter; cook 2 minutes or until browned and fragrant. Stir in bourbon and sugar; bring to a simmer. Return potato mixture to pan. Stir in salt and pepper; mash with a potato masher until smooth.
- ☐ Remove from heat; stir in half-and-half.

Nutrition Facts



Properties

Glycemic Index:23.13, Glycemic Load:17, Inflammation Score:-10, Nutrition Score:12.548695711986%

Flavonoids

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 Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 207.36kcal (10.37%), Fat: 4.67g (7.19%), Saturated Fat: 2.9g (18.1%), Carbohydrates: 36.76g (12.25%), Net Carbohydrates: 31.6g (11.49%), Sugar: 9.2g (10.23%), Cholesterol: 12.82mg (4.27%), Sodium: 343.95mg (14.95%), Alcohol: 1.25g (100%), Alcohol %: 0.81% (100%), Protein: 3.25g (6.5%), Vitamin A: 24273.46IU (485.47%), Manganese: 0.47mg (23.69%), Fiber: 5.16g (20.62%), Vitamin B6: 0.38mg (18.83%), Potassium: 601.82mg (17.19%), Vitamin B5: 1.42mg (14.18%), Copper: 0.26mg (13.23%), Magnesium: 44.71mg (11.18%), Phosphorus: 97.09mg (9.71%), Vitamin B1: 0.14mg (9.32%), Vitamin B2: 0.14mg (7.99%), Calcium: 71.8mg (7.18%), Iron: 1.09mg (6.05%), Vitamin C: 4.53mg (5.49%), Vitamin B3: 0.98mg (4.88%), Folate: 19.34µg (4.83%), Zinc: 0.59mg (3.92%), Vitamin E: 0.56mg (3.76%), Vitamin K: 3.72µg (3.55%), Selenium: 1.71µg (2.44%)