



Butter-Pecan Mashed Sweet Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons butter
- ☐ 2 tablespoons milk fat-free
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 pounds sweet potatoes

Equipment

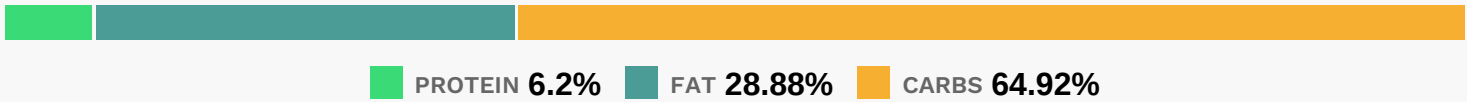
- ☐ bowl
- ☐ paper towels

- ☐ sauce pan
- ☐ microwave

Directions

- ☐ Pierce each potato with a fork 3 to 4 times on each side. Wrap each potato in a damp paper towel. Microwave at HIGH 8 minutes, turning after 4 minutes. Cool slightly.
- ☐ Cut potatoes in half; scoop pulp into a bowl. Mash pulp.
- ☐ Heat butter in a small saucepan over medium heat; cook 3 minutes or until browned. Stir butter, milk, and salt into potato pulp. Top with pecans.
- ☐ Variation 1 Maple Bacon Price per serving: \$85 Prepare master recipe through step Stir in 1 tablespoon softened butter, 2 tablespoons fat-free milk, and 4 teaspoons maple syrup. Top mashed sweet potato mixture with 1 1/4 ounces cooked and crumbled bacon (about 3 slices).
- ☐ Serves 4 (serving size: 1/2 cup) Calories 268; Fat 6g (sat 1g); Sodium 351mg
- ☐ Variation 2 Chipotle-Lime Price per serving: \$08 Prepare master recipe through step Stir in 1 tablespoon brown sugar, 2 tablespoons fat-free milk, 1 tablespoon fresh lime juice, 1 1/2 teaspoons finely chopped chipotle chile in adobo sauce, 1/2 teaspoon adobo sauce, and 1/8 teaspoon salt.
- ☐ Serves 4 (serving size: 1/2 cup) Calories 193; Fat 0g (sat 0g); Sodium 227mg
- ☐ Variation 3 Parmesan-Sage Price per serving: \$05 Prepare master recipe through step Stir in 1 tablespoon softened butter, 2 tablespoons fat-free milk, 1/2 teaspoon chopped fresh sage, 1 ounce freshly grated Parmesan cheese (about 1/4 cup), and 1/8 teaspoon salt.
- ☐ Serves 4 (serving size: 1/2 cup) Calories 233; Fat 9g (sat 1g); Sodium 328mg

Nutrition Facts



Properties

Glycemic Index:37.81, Glycemic Load:22.67, Inflammation Score:-10, Nutrition Score:16.292173880598%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg

Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg 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, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 282.31kcal (14.12%), Fat: 9.28g (14.28%), Saturated Fat: 3.16g (19.78%), Carbohydrates: 46.95g (15.65%), Net Carbohydrates: 39.49g (14.36%), Sugar: 10.13g (11.26%), Cholesterol: 11.51mg (3.84%), Sodium: 306.91mg (13.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.97%), Vitamin A: 32325.89IU (646.52%), Manganese: 0.89mg (44.61%), Fiber: 7.46g (29.83%), Vitamin B6: 0.49mg (24.64%), Potassium: 806.05mg (23.03%), Copper: 0.42mg (21.22%), Vitamin B5: 1.91mg (19.06%), Magnesium: 65.95mg (16.49%), Vitamin B1: 0.23mg (15.09%), Phosphorus: 134.75mg (13.47%), Vitamin B2: 0.16mg (9.34%), Iron: 1.56mg (8.66%), Calcium: 84.06mg (8.41%), Zinc: 1.03mg (6.85%), Vitamin B3: 1.35mg (6.77%), Vitamin C: 5.52mg (6.69%), Folate: 26.75µg (6.69%), Vitamin E: 0.81mg (5.38%), Vitamin K: 4.69µg (4.47%), Selenium: 1.82µg (2.6%)