



## Carrot-Sweet Potato Mash

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



197 kcal

SIDE DISH

### Ingredients

- 16 ounce baby carrots
- 0.3 cup brown sugar
- 0.3 cup butter
- 0.5 cup raisins
- 1 sweet potatoes and into cubed peeled

### Equipment

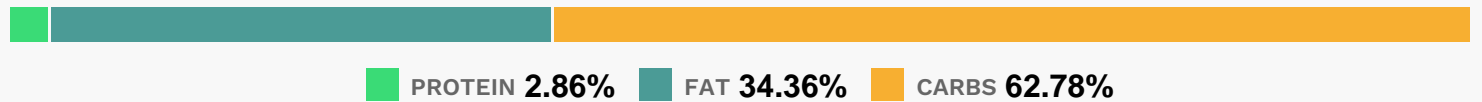
- bowl
- sauce pan

pot

## Directions

- Place carrots and potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- Drain and allow to steam dry for a minute or two.
- Meanwhile, melt the butter in a small saucepan over medium heat, then stir in the applesauce and brown sugar until dissolved. When the potatoes are ready, transfer to a serving bowl and mash until smooth. Then fold in the applesauce mixture and raisins.

## Nutrition Facts



## Properties

Glycemic Index:27.8, Glycemic Load:8.84, Inflammation Score:-10, Nutrition Score:9.7834782976171%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

## Nutrients (% of daily need)

Calories: 197.27kcal (9.86%), Fat: 7.85g (12.08%), Saturated Fat: 4.91g (30.67%), Carbohydrates: 32.29g (10.76%), Net Carbohydrates: 28.14g (10.23%), Sugar: 14.07g (15.63%), Cholesterol: 20.34mg (6.78%), Sodium: 146.45mg (6.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.94%), Vitamin A: 16005.2IU (320.1%), Fiber: 4.14g (16.58%), Manganese: 0.25mg (12.47%), Potassium: 420.25mg (12.01%), Vitamin B6: 0.18mg (9.24%), Copper: 0.17mg (8.66%), Vitamin K: 8.45µg (8.04%), Iron: 1.28mg (7.13%), Vitamin B5: 0.63mg (6.32%), Folate: 25.29µg (6.32%), Magnesium: 21.62mg (5.4%), Phosphorus: 50.57mg (5.06%), Calcium: 48.75mg (4.88%), Vitamin B2: 0.08mg (4.44%), Vitamin B1: 0.07mg (4.4%), Vitamin C: 3.52mg (4.27%), Vitamin B3: 0.78mg (3.89%), Vitamin E: 0.32mg (2.12%), Zinc: 0.27mg (1.83%), Selenium: 1.18µg (1.69%)