



Carrot & sweet potato mash



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



209 kcal

SIDE DISH

Ingredients

- ☐ 500 g carrots chopped
- ☐ 500 g sweet potatoes chopped
- ☐ 3 garlic cloves
- ☐ 1 tsp cumin seeds toasted
- ☐ 25 g butter

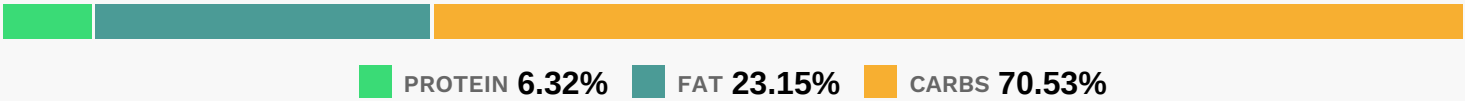
Equipment

- ☐ frying pan

Directions

- ☐ Put the carrots, sweet potatoes and garlic in a large pan of salted water, bring to the boil, then cook for 12 mins.
- ☐ Add cumin seeds, butter and seasoning, roughly mash, then serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.46, Glycemic Load:16.6, Inflammation Score:-10, Nutrition Score:15.649130440277%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 208.88kcal (10.44%), Fat: 5.56g (8.55%), Saturated Fat: 3.29g (20.53%), Carbohydrates: 38.11g (12.7%), Net Carbohydrates: 30.75g (11.18%), Sugar: 11.19g (12.43%), Cholesterol: 13.44mg (4.48%), Sodium: 196.45mg (8.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.83%), Vitamin A: 38779.31IU (775.59%), Fiber: 7.35g (29.41%), Manganese: 0.56mg (27.82%), Potassium: 841.16mg (24.03%), Vitamin B6: 0.46mg (23.21%), Vitamin K: 19.25µg (18.34%), Vitamin B5: 1.36mg (13.62%), Vitamin C: 11.12mg (13.48%), Copper: 0.26mg (12.81%), Vitamin B1: 0.19mg (12.54%), Magnesium: 48.86mg (12.21%), Phosphorus: 110.06mg (11.01%), Vitamin B3: 1.97mg (9.84%), Folate: 37.81µg (9.45%), Vitamin B2: 0.16mg (9.12%), Calcium: 89.21mg (8.92%), Vitamin E: 1.31mg (8.76%), Iron: 1.53mg (8.47%), Zinc: 0.73mg (4.88%), Selenium: 1.28µg (1.83%)