



Chipotle-Lime Mashed Sweet Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



213 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon chiles in adobo sauce
- ☐ 1 tablespoon brown sugar
- ☐ 1.5 teaspoons chipotle chile in adobo sauce finely chopped
- ☐ 2 tablespoons milk fat-free
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.1 teaspoon salt
- ☐ 2 pounds sweet potatoes

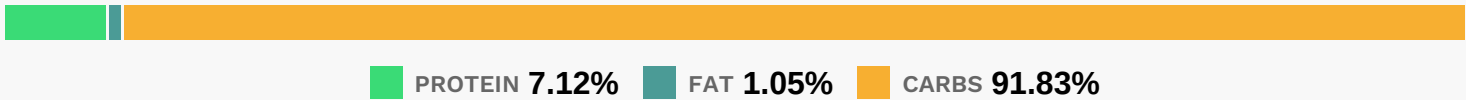
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ 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.
- ☐ Stir brown sugar, milk, lime juice, chipotle chile, adobo sauce, and salt into potato pulp.

Nutrition Facts



Properties

Glycemic Index:22.81, Glycemic Load:22.64, Inflammation Score:-10, Nutrition Score:14.797826012839%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 212.88kcal (10.64%), Fat: 0.25g (0.39%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 49.69g (16.56%), Net Carbohydrates: 42.67g (15.52%), Sugar: 12.97g (14.41%), Cholesterol: 0.22mg (0.08%), Sodium: 308.62mg (13.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Vitamin A: 32194.21IU (643.88%), Manganese: 0.59mg (29.41%), Fiber: 7.01g (28.06%), Vitamin B6: 0.48mg (24.05%), Potassium: 786.39mg (22.47%), Vitamin B5: 1.85mg (18.5%), Copper: 0.35mg (17.26%), Magnesium: 58.31mg (14.58%), Vitamin B1: 0.18mg (12.15%), Phosphorus: 115.5mg (11.55%), Vitamin B2: 0.15mg (8.76%), Iron: 1.47mg (8.19%), Calcium: 81.77mg (8.18%), Vitamin C: 6.6mg (8.01%), Vitamin B3: 1.28mg (6.42%), Folate: 25.56µg (6.39%), Zinc: 0.72mg (4.8%), Vitamin E: 0.61mg (4.1%), Vitamin K: 4.15µg (3.96%), Selenium: 1.57µg (2.24%)