



Chipotle Mashed Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



227 kcal

SIDE DISH

Ingredients

- 1 chipotles in adobo minced
- 1 cinnamon
- 0.3 cup crema mexicana
- 0.1 teaspoon pepper
- 0.5 teaspoon salt
- 2 large sweet potatoes and into cubed peeled
- 2 tablespoons butter unsalted

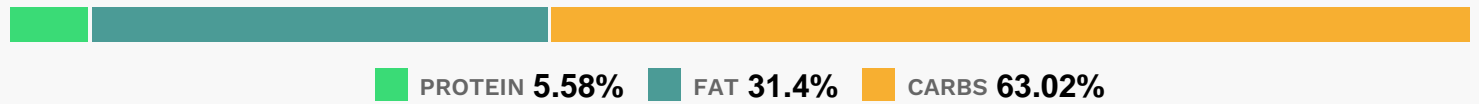
Equipment

- pot
- potato masher

Directions

- Place cubed potatoes and cinnamon stick in a 5-quart pot and cover with water. Bring to a boil. Reduce heat; cover and simmer for 15–20 minutes or until tender.
- Drain water and discard cinnamon stick and return to the pot.
- Add butter, crema Mexicana, chipotle, salt, and pepper to potatoes and mash with potato masher.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:16.9, Inflammation Score:-10, Nutrition Score:12.739999989453%

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: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 227.46kcal (11.37%), Fat: 8.08g (12.43%), Saturated Fat: 3.63g (22.69%), Carbohydrates: 36.5g (12.17%), Net Carbohydrates: 30.54g (11.11%), Sugar: 7.84g (8.71%), Cholesterol: 22.87mg (7.62%), Sodium: 446.01mg (19.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Vitamin A: 24362.32IU (487.25%), Manganese: 0.6mg (30.02%), Fiber: 5.96g (23.82%), Vitamin B6: 0.36mg (17.85%), Potassium: 579.24mg (16.55%), Vitamin B5: 1.37mg (13.72%), Copper: 0.26mg (13.09%), Magnesium: 43.28mg (10.82%), Vitamin B1: 0.13mg (8.88%), Calcium: 85.5mg (8.55%), Phosphorus: 82.24mg (8.22%), Iron: 1.21mg (6.72%), Vitamin B2: 0.11mg (6.27%), Vitamin C: 4.11mg (4.99%), Vitamin B3: 0.96mg (4.81%), Folate: 18.97µg (4.74%), Vitamin E: 0.63mg (4.17%), Vitamin K: 3.93µg (3.74%), Zinc: 0.53mg (3.56%), Selenium: 1.12µg (1.6%)