



Chipotle Mashed Sweet Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



250 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 3 tablespoons butter softened
- ☐ 7 ounce chipotle chiles in adobo sauce canned
- ☐ 0.8 teaspoon ground cinnamon divided
- ☐ 0.5 cup half-and-half
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.8 teaspoon salt
- ☐ 2.5 pounds sweet potatoes and into cubed peeled

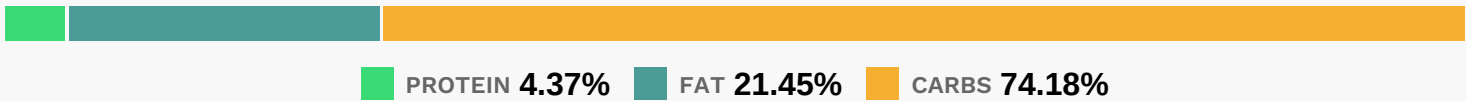
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place potato in a saucepan, and cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender.
- ☐ Drain and return potato to pan.
- ☐ Add half-and-half, butter, and juice; mash to desired consistency. Cook 2 minutes or until thoroughly heated, stirring constantly.
- ☐ Remove 2 chiles from can and chop; reserve remaining chiles and adobo sauce for another use. Stir chopped chiles, brown sugar, salt, and 1/2 teaspoon cinnamon into potato mixture.
- ☐ Sprinkle with 1/4 teaspoon cinnamon.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:14.08, Inflammation Score:-10, Nutrition Score:12.058695611746%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 249.55kcal (12.48%), Fat: 6.07g (9.34%), Saturated Fat: 3.79g (23.68%), Carbohydrates: 47.26g (15.75%), Net Carbohydrates: 40.42g (14.7%), Sugar: 21.61g (24.01%), Cholesterol: 16.58mg (5.53%), Sodium: 343.15mg (14.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.57%), Vitamin A: 20298.14IU (405.96%), Fiber: 6.85g (27.39%), Manganese: 0.41mg (20.43%), Vitamin B6: 0.31mg (15.57%), Potassium: 522.44mg (14.93%), Vitamin B5: 1.21mg (12.07%), Copper: 0.22mg (11.18%), Magnesium: 38.71mg (9.68%), Iron: 1.59mg (8.82%),

Phosphorus: 83.45mg (8.34%), Vitamin B1: 0.12mg (7.76%), Calcium: 73.92mg (7.39%), Vitamin B2: 0.12mg (6.95%),
Vitamin C: 4.67mg (5.66%), Folate: 16.73µg (4.18%), Vitamin B3: 0.83mg (4.16%), Vitamin E: 0.54mg (3.61%), Zinc:
0.5mg (3.33%), Vitamin K: 3.2µg (3.04%), Selenium: 1.56µg (2.23%)