

SIDE DISH

Citrus Sweet Potatoes

22 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	15 min	15 min	8	\$0.77	199 kcal

If you want to add more gluten free, dairy free, and lacto ovo vegetarian recipes to your recipe box, Citrus Sweet Potatoes might be a recipe you should try. One portion of this dish contains approximately 3g of protein, 0g of fat, and a total of 211 calories. This recipe serves 8 and costs 77 cents...

Ingredients

☐ 0.1 teaspoon ground cinnamon	☐ 0.1 teaspoon ground nutmeg
☐ 2 tablespoons honey	☐ 2 tablespoons light brown sugar
☐ 2 tablespoons fresh lime juice	☐ ½ teaspoon salt
☐ 3½ lb to 6 medium-size sweet potatoes (about	

EQUIPMENT Frying pan, Sauce pan, Oven, Baking pan, Potato masher

Method

- 1 Peel potatoes; cut into 1-inch pieces.
- 2 Bring potatoes and water to cover to a boil in a large saucepan, and cook 12 minutes or until tender.
- 3 Drain and return potatoes to pan.
- 4 Add remaining ingredients. Mash with a potato masher or fork until smooth.
- 5 Note: To make ahead, spoon mashed potato mixture into a large baking dish; cover and keep warm in a 350 oven up to 1 hour.

Nutrition per serving

199

KCAL

3 g

PROTEIN

0 g

FAT

48 g

CARBS

Saturated Fat

0 g · 0% of daily needs

Fibre

6 g · 24% of daily needs

Sugar

15.6 g · 17% of daily needs

Sodium

256 mg · 11% of daily needs

Cholesterol

0 mg · 0% of daily needs

Vitamin C

5.9 mg · 7% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/citrus-sweet-potatoes-144496