



Creamy Mashed Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



257 kcal

SIDE DISH

Ingredients

- 0.5 cup firmly domimo brown sugar light divided packed
- 0.8 teaspoon ground cinnamon divided
- 0.3 teaspoon ground ginger
- 0.3 teaspoon ground nutmeg
- 0.3 cup half-and-half
- 0.5 teaspoon orange rind grated
- 0.5 cup pecans chopped
- 3 pounds sweet potatoes

Equipment

- bowl
- oven
- plastic wrap
- baking pan
- hand mixer

Directions

- Bake potatoes at 400 for 1 hour or until tender; peel. Reduce oven temperature to 35
- Beat potatoes, 1/4 cup brown sugar, next three ingredients, and 1/4 tsp. cinnamon in a large bowl at medium speed with an electric mixer until smooth. Spoon mixture into a 13- x 9-inch baking dish coated with cooking spray.
- Combine chopped pecans, orange rind, remaining 1/4 cup brown sugar, and remaining 1/2 tsp. cinnamon; sprinkle evenly over potato mixture.
- Bake at 350 for 20 minutes or until thoroughly heated.
- Note: Prepare sweet potatoes a day in advance, if desired. Spoon into a 13- x 9-inch baking dish (do not add topping), cover with plastic wrap, and refrigerate.
- Remove potatoes from refrigerator, and let stand 20 minutes at room temperature.
- Sprinkle pecan mixture evenly over potatoes, and bake at 350 for 25 to 30 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:16.93, Inflammation Score:-10, Nutrition Score:14.047391382896%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg

Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg 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

Nutrients (% of daily need)

Calories: 256.64kcal (12.83%), Fat: 5.89g (9.06%), Saturated Fat: 1g (6.26%), Carbohydrates: 49.24g (16.41%), Net Carbohydrates: 43.35g (15.76%), Sugar: 21.05g (23.39%), Cholesterol: 2.65mg (0.88%), Sodium: 102.07mg (4.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.13%), Vitamin A: 24163.43IU (483.27%), Manganese: 0.81mg (40.48%), Fiber: 5.89g (23.57%), Vitamin B6: 0.38mg (19.01%), Potassium: 631.55mg (18.04%), Copper: 0.35mg (17.37%), Vitamin B5: 1.46mg (14.61%), Magnesium: 53.15mg (13.29%), Vitamin B1: 0.18mg (12.02%), Phosphorus: 106.93mg (10.69%), Calcium: 77.57mg (7.76%), Vitamin B2: 0.13mg (7.51%), Iron: 1.34mg (7.46%), Zinc: 0.86mg (5.73%), Vitamin C: 4.4mg (5.34%), Vitamin B3: 1.06mg (5.3%), Folate: 20.68µg (5.17%), Vitamin E: 0.56mg (3.74%), Vitamin K: 3.46µg (3.29%), Selenium: 1.73µg (2.47%)