



## Curried Mashed Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



154 kcal

SIDE DISH

### Ingredients

- 0.5 cup knudsen cream light sour
- 2 tsp curry powder
- 1 Tbsp oil
- 1 onion finely chopped
- 0.5 tsp salt
- 1.5 lb sweet potatoes peeled quartered ( 3)

### Equipment

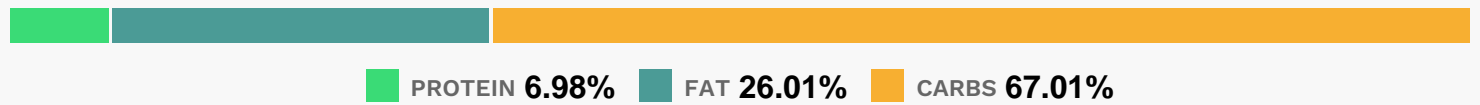
- frying pan

sauce pan

## Directions

- Cook potatoes in boiling water in large saucepan 15 min. or until tender.
- Meanwhile, heat oil in large nonstick skillet on medium-high heat.
- Add onions; cook and stir 4 min. Stir in curry powder; cook 2 min., stirring frequently.
- Drain potatoes.
- Add onion mixture, sour cream and salt; mash until smooth.

## Nutrition Facts



## Properties

Glycemic Index:15, Glycemic Load:11.65, Inflammation Score:-10, Nutrition Score:10.873913065247%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

## Nutrients (% of daily need)

Calories: 153.72kcal (7.69%), Fat: 4.53g (6.97%), Saturated Fat: 1.48g (9.25%), Carbohydrates: 26.28g (8.76%), Net Carbohydrates: 22.34g (8.12%), Sugar: 5.58g (6.2%), Cholesterol: 6.71mg (2.24%), Sodium: 273.15mg (11.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.47%), Vitamin A: 16157.59IU (323.15%), Manganese: 0.35mg (17.27%), Fiber: 3.93g (15.74%), Vitamin B6: 0.27mg (13.53%), Potassium: 459.88mg (13.14%), Copper: 0.19mg (9.35%), Vitamin B5: 0.93mg (9.3%), Magnesium: 33.8mg (8.45%), Phosphorus: 74.55mg (7.45%), Vitamin B1: 0.11mg (7.08%), Calcium: 68.57mg (6.86%), Vitamin E: 0.91mg (6.07%), Vitamin B2: 0.1mg (5.82%), Vitamin C: 4.33mg (5.24%), Iron: 0.94mg (5.24%), Folate: 19.09µg (4.77%), Vitamin K: 4.54µg (4.32%), Vitamin B3: 0.69mg (3.45%), Zinc: 0.49mg (3.3%), Selenium: 1.48µg (2.12%), Vitamin B12: 0.08µg (1.34%)