



Curried Sweet Potato Puree

 **Gluten Free**  **Dairy Free**

READY IN



75 min.

SERVINGS



4

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup vanilla almond milk unsweetened
- 4 servings almonds toasted sliced for garnish, optional
- 4 servings cilantro leaves chopped for garnish, optional
- 0.5 teaspoon curry powder
- 4 slices ginger fresh peeled thin
- 4 servings kosher salt
- 0.5 lime
- 1.8 pounds sweet potatoes

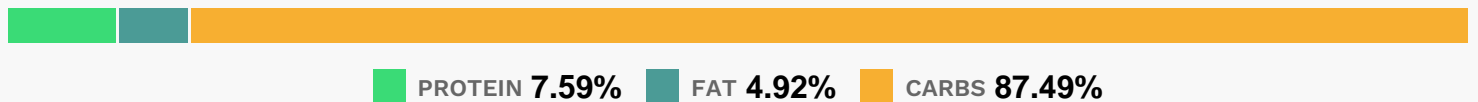
Equipment

- food processor
- bowl
- baking sheet
- sauce pan
- oven
- aluminum foil

Directions

- Preheat the oven to 400 degrees F. Wrap each sweet potato in foil, put on a baking sheet and bake until soft, 1 hour.
- Let cool slightly.
- Combine the almond milk, curry powder and ginger in a small saucepan. Bring to a boil, reduce the heat and simmer until the mixture is reduced by a third, about 5 minutes. Discard the ginger.
- Pour any sugary juices from the sweet potato foil wrappers into a food processor. Peel the sweet potatoes and add the flesh to the food processor.
- Add the almond milk mixture and 1/2 teaspoon salt and puree until smooth.
- Transfer to a serving bowl and squeeze the lime over the finished puree.
- Garnish with almonds and cilantro if desired and serve warm.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:19.97, Inflammation Score:-10, Nutrition Score:14.103913022124%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin:

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Nutrients (% of daily need)

Calories: 185.78kcal (9.29%), Fat: 1.04g (1.6%), Saturated Fat: 0.09g (0.53%), Carbohydrates: 41.65g (13.88%), Net Carbohydrates: 35.12g (12.77%), Sugar: 8.55g (9.5%), Cholesterol: 0mg (0%), Sodium: 344.17mg (14.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.23%), Vitamin A: 28167.04IU (563.34%), Manganese: 0.55mg (27.59%), Fiber: 6.53g (26.13%), Vitamin B6: 0.43mg (21.3%), Potassium: 697.36mg (19.92%), Vitamin B5: 1.62mg (16.15%), Copper: 0.32mg (16.12%), Magnesium: 54.34mg (13.59%), Vitamin B1: 0.16mg (10.7%), Calcium: 104.19mg (10.42%), Phosphorus: 101.19mg (10.12%), Vitamin C: 7.36mg (8.92%), Vitamin B2: 0.14mg (7.98%), Iron: 1.39mg (7.71%), Vitamin B3: 1.18mg (5.92%), Folate: 23.61µg (5.9%), Vitamin E: 0.85mg (5.69%), Zinc: 0.65mg (4.36%), Vitamin K: 4.18µg (3.98%), Selenium: 1.32µg (1.89%)