



Curry-Spiced Sweet Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon butter
- ☐ 0.5 teaspoon curry powder
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 cup half and half
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots finely chopped
- ☐ 6.5 cups sweet potatoes and into cubed peeled (1-inch) (2 pounds)

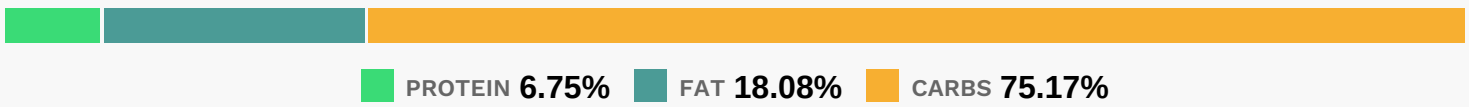
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Place potato in a medium saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 15 minutes or until tender.
- ☐ Drain well; return to pan. Keep warm.
- ☐ Melt butter in a small nonstick skillet over medium heat.
- ☐ Add shallots to pan; cook 6 minutes or until tender, stirring occasionally. Stir in brown sugar, salt, curry powder, cumin, cinnamon, and red pepper; cook 1 minute, stirring constantly.
- ☐ Add shallot mixture, half-and-half, and lemon juice to potato. Mash potato mixture with a potato masher to desired consistency.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:14.72, Inflammation Score:-10, Nutrition Score:11.921304391778%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 175.01kcal (8.75%), Fat: 3.59g (5.53%), Saturated Fat: 2.18g (13.63%), Carbohydrates: 33.62g (11.21%), Net Carbohydrates: 28.85g (10.49%), Sugar: 9.37g (10.41%), Cholesterol: 9.72mg (3.24%), Sodium: 298.4mg (12.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Vitamin A: 20568.89IU (411.38%), Manganese: 0.43mg (21.54%), Fiber: 4.77g (19.1%), Vitamin B6: 0.35mg (17.39%), Potassium: 548.82mg (15.68%), Vitamin B5: 1.23mg (12.29%), Copper: 0.23mg (11.61%), Magnesium: 40.96mg (10.24%), Phosphorus: 88.83mg (8.88%), Vitamin B1: 0.12mg (8.31%), Vitamin B2: 0.12mg (6.97%), Calcium: 66.99mg (6.7%), Iron: 1.19mg (6.62%), Vitamin C: 5.4mg (6.55%), Folate: 20.52µg (5.13%), Vitamin B3: 0.86mg (4.3%), Zinc: 0.55mg (3.64%), Vitamin E: 0.53mg (3.51%), Vitamin K: 3.25µg (3.09%), Selenium: 1.51µg (2.15%)