



## Easy-Does-It Mashed Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



140 min.

SERVINGS



10

CALORIES



363 kcal

SIDE DISH

### Ingredients

- 0.5 cup firmly brown sugar packed
- 0.5 cup butter
- 1 teaspoon ground cinnamon
- 0.8 teaspoon ground ginger
- 0.8 teaspoon ground nutmeg
- 0.5 cup maple syrup
- 0.5 teaspoon salt
- 5 pounds sweet potatoes

## Equipment

- bowl
- paper towels
- blender
- potato masher
- microwave
- slow cooker

## Directions

- To cook 5 pounds sweet potatoes (about 6 medium) in the microwave, pierce sweet potatoes several times with tines of a fork.
- Place in a large microwave-safe bowl; cover with damp paper towels. Microwave at HIGH 15 minutes or until tender, turning every 5 minutes.
- Let stand 15 minutes. Peel and mash sweet potatoes with a potato masher or a handheld mixer until smooth. Stir in 1/2 cup butter, cut up; 1/2 cup maple syrup; 1/2 cup firmly packed brown sugar; 1 teaspoon ground cinnamon; 3/4 teaspoon ground nutmeg; 3/4 teaspoon ground ginger; and 1/2 teaspoon salt. Stir until butter melts.
- Transfer to a 4-quart slow cooker. Cover and cook on LOW 2 hours or until thoroughly heated; serve immediately. Sweet potatoes may be kept warm on LOW up to 4 more hours, stirring every 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:21.95, Glycemic Load:26.52, Inflammation Score:-10, Nutrition Score:16.528695648131%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 363.48kcal (18.17%), Fat: 9.38g (14.43%), Saturated Fat: 5.92g (36.99%), Carbohydrates: 67.62g (22.54%), Net Carbohydrates: 60.66g (22.06%), Sugar: 29.86g (33.17%), Cholesterol: 24.4mg (8.13%), Sodium: 318.61mg (13.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.4%), Vitamin A: 32460IU (649.2%), Manganese: 1.05mg (52.6%), Fiber: 6.96g (27.85%), Vitamin B6: 0.48mg (24.02%), Potassium: 821.27mg (23.46%), Vitamin B2: 0.35mg (20.42%), Vitamin B5: 1.84mg (18.43%), Copper: 0.35mg (17.53%), Magnesium: 62.02mg (15.5%), Vitamin B1: 0.19mg (12.58%), Phosphorus: 110.46mg (11.05%), Calcium: 99.96mg (10%), Iron: 1.53mg (8.52%), Vitamin C: 5.46mg (6.61%), Vitamin B3: 1.31mg (6.56%), Folate: 25.54µg (6.39%), Vitamin E: 0.86mg (5.72%), Zinc: 0.82mg (5.46%), Vitamin K: 4.94µg (4.71%), Selenium: 1.7µg (2.43%)