

Maple Bacon Mashed Sweet Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



273 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter softened
- ☐ 1.3 ounces bacon crumbled cooked (3 slices)
- ☐ 2 tablespoons milk fat-free
- ☐ 4 teaspoons maple syrup
- ☐ 2 pounds sweet potatoes

Equipment

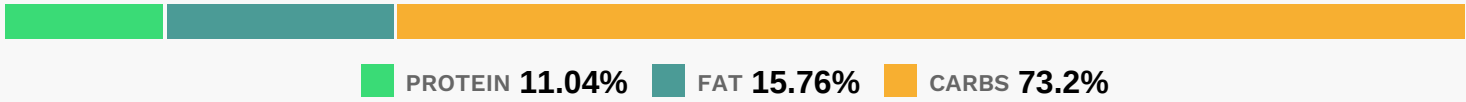
- ☐ bowl
- ☐ paper towels

☐ microwave

Directions

- ☐ Pierce each potato with a fork 3 to 4 times on each side. Wrap each potato in a damp paper towel. Microwave at HIGH 8 minutes, turning after 4 minutes. Cool slightly.
- ☐ Cut potatoes in half; scoop pulp into a bowl. Mash pulp.
- ☐ Stir butter, milk, and syrup into potato pulp. Top with bacon.

Nutrition Facts



Properties

Glycemic Index:44.44, Glycemic Load:24.36, Inflammation Score:-10, Nutrition Score:15.321739139764%

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, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 273.22kcal (13.66%), Fat: 4.85g (7.47%), Saturated Fat: 3.11g (19.44%), Carbohydrates: 50.72g (16.91%), Net Carbohydrates: 43.91g (15.97%), Sugar: 14.06g (15.62%), Cholesterol: 20.41mg (6.8%), Sodium: 416.72mg (18.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.3%), Vitamin A: 32278.34IU (645.57%), Manganese: 0.75mg (37.32%), Fiber: 6.8g (27.22%), Vitamin B6: 0.48mg (23.92%), Potassium: 793.42mg (22.67%), Vitamin B5: 1.85mg (18.45%), Copper: 0.34mg (17.13%), Magnesium: 59.14mg (14.78%), Vitamin B2: 0.24mg (14.02%), Vitamin B1: 0.19mg (12.39%), Phosphorus: 115.46mg (11.55%), Calcium: 86.41mg (8.64%), Iron: 1.39mg (7.73%), Vitamin C: 5.44mg (6.6%), Vitamin B3: 1.28mg (6.4%), Folate: 25.2µg (6.3%), Zinc: 0.77mg (5.11%), Vitamin E: 0.67mg (4.47%), Vitamin K: 4.33µg (4.12%), Selenium: 1.55µg (2.21%)