



Maple Mashed Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



446 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black as needed freshly ground plus more
- 0.5 cup cup heavy whipping cream at room temperature
- 0.5 teaspoon kosher salt as needed plus more
- 2 tablespoons maple syrup
- 4 pounds sweet potatoes and into
- 6 tablespoons butter unsalted melted ()

Equipment

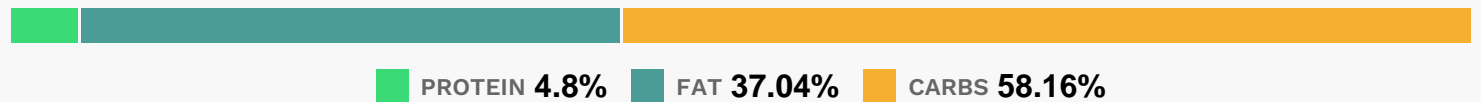
- bowl

- baking sheet
- oven
- knife
- wire rack
- potato masher
- aluminum foil

Directions

- Heat the oven to 375°F and arrange a rack in the middle. Line a baking sheet with foil, place the sweet potatoes on it, and bake until knife-tender, about 45 minutes to 1 hour.
- Place the baking sheet on a wire rack and set it aside until the sweet potatoes are cool enough to handle but still warm, about 20 minutes.
- Cut the sweet potatoes in half lengthwise. Scrape the flesh out with a spoon and transfer it to a large bowl; discard the skins. Using a potato masher, mash the flesh until smooth.
- Add the remaining measured ingredients and stir until evenly combined. Taste and season with additional salt and pepper as needed.

Nutrition Facts



Properties

Glycemic Index:21.08, Glycemic Load:31.68, Inflammation Score:-10, Nutrition Score:19.229130400264%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 446.08kcal (22.3%), Fat: 18.67g (28.72%), Saturated Fat: 11.81g (73.8%), Carbohydrates: 65.96g (21.99%), Net Carbohydrates: 56.87g (20.68%), Sugar: 17.22g (19.14%), Cholesterol: 52.51mg (17.5%), Sodium: 367.62mg (15.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.88%), Vitamin A: 43542.63IU (870.85%), Manganese: 0.95mg (47.27%), Fiber: 9.09g (36.37%), Vitamin B6: 0.64mg (31.98%), Potassium: 1057.42mg

(30.21%), Vitamin B5: 2.49mg (24.86%), Copper: 0.46mg (23.11%), Magnesium: 78.81mg (19.7%), Vitamin B2: 0.31mg (18.31%), Vitamin B1: 0.25mg (16.33%), Phosphorus: 157.12mg (15.71%), Calcium: 114.92mg (11.49%), Iron: 1.88mg (10.47%), Vitamin C: 7.38mg (8.94%), Vitamin E: 1.29mg (8.63%), Folate: 34.49µg (8.62%), Vitamin B3: 1.71mg (8.55%), Vitamin K: 7.19µg (6.85%), Zinc: 1.02mg (6.77%), Selenium: 2.55µg (3.65%), Vitamin D: 0.53µg (3.52%)