



Maple-Pecan Sweet Potato Mash

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

Ingredients

- 1 cinnamon sticks
- 0.3 teaspoon ground cloves
- 6 tablespoons maple syrup
- 0.3 teaspoon orange zest
- 0.3 cup pecans chopped
- 2 large sweet potatoes

Equipment

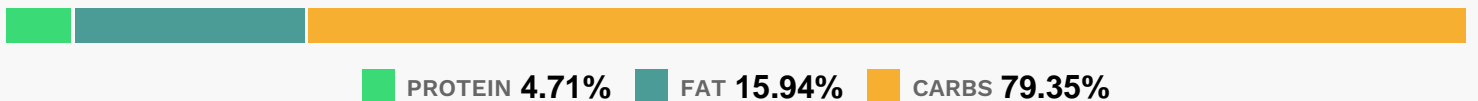
- bowl

- baking sheet
- sauce pan
- oven
- potato masher
- microwave

Directions

- Preheat oven to 30
- Place the pecans in a single layer on a baking sheet.
- Bake about 10 minutes or until pecans are fragrant and begin to darken.
- Remove from oven, and set aside.
- In a small saucepan, combine maple syrup, orange zest, cinnamon stick, and ground cloves. Bring to a gentle simmer.
- Remove from heat, and let stand about 5 minutes.
- Gently scoop out insides of the baked sweet potatoes, and place in a heatproof bowl. Using a potato masher or large fork, mash until there are no lumps left.
- Heat in microwave on HIGH for 3 minutes.
- Remove the cinnamon stick from the warmed syrup, and discard.
- Pour the syrup over the mashed sweet potatoes, and top with the toasted pecans.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:24.3, Inflammation Score:-10, Nutrition Score:17.097826175068%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg

Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 276.9kcal (13.84%), Fat: 5.02g (7.72%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 56.18g (18.73%), Net Carbohydrates: 49.91g (18.15%), Sugar: 25.37g (28.19%), Cholesterol: 0mg (0%), Sodium: 96.64mg (4.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Vitamin A: 24125.02IU (482.5%), Manganese: 1.66mg (83.16%), Vitamin B2: 0.49mg (29.08%), Fiber: 6.27g (25.1%), Potassium: 673.64mg (19.25%), Vitamin B6: 0.37mg (18.58%), Copper: 0.34mg (17.1%), Magnesium: 57.92mg (14.48%), Vitamin B5: 1.42mg (14.23%), Vitamin B1: 0.2mg (13.19%), Phosphorus: 99.49mg (9.95%), Calcium: 98.23mg (9.82%), Iron: 1.33mg (7.39%), Zinc: 1.05mg (6.99%), Vitamin B3: 1.07mg (5.33%), Vitamin C: 4.36mg (5.28%), Folate: 20.32µg (5.08%), Vitamin E: 0.57mg (3.79%), Vitamin K: 3.75µg (3.57%), Selenium: 1.32µg (1.88%)