



## Maple Whipped Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



365 kcal

SIDE DISH

### Ingredients

- 6 cups apple cider
- 0.7 cup maple syrup pure
- 12 servings salt
- 6 pounds sweet potatoes peeled cut into 2-inch chunks
- 4 ounces butter unsalted
- 4 cups water

### Equipment

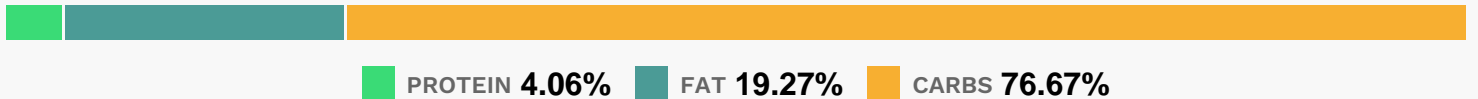
- food processor

- sauce pan
- oven
- baking pan
- stove
- colander

## Directions

- In a large saucepan, combine the sweet potatoes with the cider and water and bring to a boil. Simmer over moderate heat until the sweet potatoes are just tender, about 35 minutes.
- Drain in a colander and shake dry.
- In the same large saucepan, bring the butter and maple syrup to a boil.
- Add the potatoes and toss. Working in batches, puree the sweet potatoes in a food processor; do not overprocess. Season with salt. Return the whipped sweet potatoes to the saucepan and heat over moderate heat until warmed through, about 10 minutes.
- Make Ahead: The whipped potatoes can be refrigerated overnight and reheated in a buttered baking dish in a 350 oven for 25 minutes or over moderate heat on the stovetop for 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:11.27, Glycemic Load:32.26, Inflammation Score:-10, Nutrition Score:17.199130513098%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg 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: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

## Nutrients (% of daily need)

Calories: 365.38kcal (18.27%), Fat: 7.93g (12.2%), Saturated Fat: 4.92g (30.76%), Carbohydrates: 71.02g (23.67%), Net Carbohydrates: 63.98g (23.27%), Sugar: 31.56g (35.06%), Cholesterol: 20.32mg (6.77%), Sodium: 329.84mg (14.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Vitamin A: 32412.91IU (648.26%), Manganese: 1.08mg (54.24%), Fiber: 7.04g (28.16%), Potassium: 926.04mg (26.46%), Vitamin B6: 0.5mg (24.78%), Vitamin B2: 0.39mg (22.87%), Vitamin B5: 1.88mg (18.83%), Copper: 0.37mg (18.55%), Magnesium: 67.34mg (16.83%), Vitamin B1: 0.21mg (14.26%), Phosphorus: 117.12mg (11.71%), Calcium: 101.73mg (10.17%), Iron: 1.55mg (8.6%), Vitamin C: 6.51mg (7.88%), Vitamin B3: 1.37mg (6.84%), Folate: 25.23µg (6.31%), Zinc: 0.85mg (5.64%), Vitamin E: 0.82mg (5.47%), Vitamin K: 4.74µg (4.52%), Selenium: 1.57µg (2.25%)