

**10%**
HEALTH SCORE

Maple-Whipped Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



273 kcal

SIDE DISH

Ingredients

- 4 pounds sweet potatoes and into (7 medium)
- 4 tablespoons butter unsalted melted
- 0.3 cup maple syrup pure
- 1 serving coarse mustard

Equipment

- food processor
- baking sheet
- oven

knife

Directions

- Preheat oven to 400 degrees. Prick sweet potatoes all over with a fork.
- Place on a rimmed baking sheet.
- Bake until very tender when pierced with a knife, 1 hour. When cool enough to handle, halve sweet potatoes. With a spoon, scoop out flesh (discard skins); transfer to a food processor.
- Add butter and syrup; process until smooth. Season with salt and pepper.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:15.81, Glycemic Load:25, Inflammation Score:-10, Nutrition Score:15.513043523483%

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: 272.78kcal (13.64%), Fat: 5.81g (8.94%), Saturated Fat: 3.64g (22.74%), Carbohydrates: 52.45g (17.48%), Net Carbohydrates: 45.62g (16.59%), Sugar: 15.52g (17.25%), Cholesterol: 15.05mg (5.02%), Sodium: 133.29mg (5.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.29%), Vitamin A: 32350.95IU (647.02%), Manganese: 0.82mg (40.97%), Fiber: 6.83g (27.32%), Vitamin B6: 0.47mg (23.73%), Potassium: 789.56mg (22.56%), Vitamin B5: 1.82mg (18.24%), Copper: 0.34mg (17.2%), Vitamin B2: 0.27mg (15.82%), Magnesium: 59.25mg (14.81%), Vitamin B1: 0.19mg (12.34%), Phosphorus: 108.95mg (10.89%), Calcium: 81.08mg (8.11%), Iron: 1.41mg (7.81%), Vitamin C: 5.45mg (6.6%), Vitamin B3: 1.28mg (6.39%), Folate: 25.2µg (6.3%), Zinc: 0.76mg (5.07%), Vitamin E: 0.75mg (5.03%), Vitamin K: 4.58µg (4.36%), Selenium: 1.64µg (2.35%)