

Mashed Chipotle Sweet Potatoes



Vegetarian



Gluten Free

READY IN



115 min.

SERVINGS



8

CALORIES



307 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon chipotle peppers in adobo sauce minced
- ☐ 1 teaspoon salt
- ☐ 5.5 pounds sweet potatoes
- ☐ 3 tablespoons butter unsalted cut into chunks room temperature

Equipment

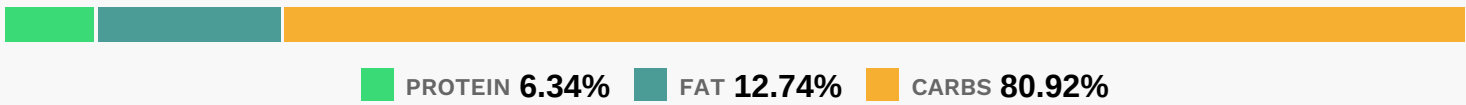
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C). Lightly grease a 2 quart baking dish, and set aside. Line a baking sheet with aluminum foil. Pierce each sweet potato several times with a fork, and place on the prepared baking sheet.
- ☐ Roast the sweet potatoes in preheated oven until easily pierced with a fork, 1 to 1 1/2 hours.
- ☐ Remove from the oven, and cool about 15 minutes. Reduce oven temperature to 350 degrees F (175 degrees C).
- ☐ When sweet potatoes are cool enough to handle, cut in half, and scoop flesh into a mixing bowl. Discard potato skins. Beat the sweet potatoes with the chipotle peppers, butter, and salt; spread evenly in the prepared baking dish. This can baked now or refrigerated until the next day.
- ☐ Bake in the preheated oven until heated through, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:30.96, Inflammation Score:-10, Nutrition Score:18.255651926217%

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: 307.08kcal (15.35%), Fat: 4.41g (6.79%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 63.06g (21.02%), Net Carbohydrates: 53.52g (19.46%), Sugar: 13.16g (14.63%), Cholesterol: 11.29mg (3.76%), Sodium: 462.8mg (20.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.88%), Vitamin A: 44372.71IU (887.45%), Manganese: 0.81mg (40.28%), Fiber: 9.54g (38.17%), Vitamin B6: 0.65mg (32.6%), Potassium: 1052.24mg (30.06%), Vitamin B5: 2.5mg (25.01%), Copper: 0.47mg (23.6%), Magnesium: 78.07mg (19.52%), Vitamin B1: 0.24mg (16.23%), Phosphorus: 147.83mg (14.78%), Vitamin B2: 0.19mg (11.29%), Iron: 1.95mg (10.84%), Calcium: 94.99mg (9.5%),

Vitamin C: 7.48mg (9.07%), Vitamin B3: 1.74mg (8.7%), Folate: 34.46µg (8.62%), Zinc: 0.94mg (6.27%), Vitamin E: 0.93mg (6.22%), Vitamin K: 5.98µg (5.7%), Selenium: 1.92µg (2.75%)