



Mashed Honey-Roasted Sweet Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



255 kcal

SIDE DISH

Ingredients

- ☐ 5 tablespoons honey divided
- ☐ 0.8 teaspoon salt
- ☐ 6 pounds sweet potatoes and into peeled cut into (1-inch) cubes
- ☐ 4 tablespoons butter unsalted

Equipment

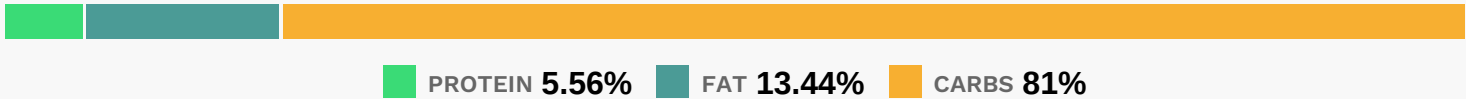
- ☐ bowl
- ☐ baking sheet
- ☐ oven

☐ blender

Directions

- ☐ Preheat oven to 37
- ☐ Place potatoes in a single layer on 2 large baking sheets coated with cooking spray. Lightly spray potatoes with cooking spray.
- ☐ Bake at 375 for 1 hour or until tender, stirring occasionally.
- ☐ Place the potatoes, 1/4 cup honey, butter, and salt in a large bowl, and beat with a mixer at medium speed until smooth.
- ☐ Drizzle with 1 tablespoon honey.

Nutrition Facts



Properties

Glycemic Index:9.19, Glycemic Load:26.28, Inflammation Score:-10, Nutrition Score:14.524782630412%

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, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 255.1kcal (12.76%), Fat: 3.9g (6%), Saturated Fat: 2.44g (15.24%), Carbohydrates: 52.84g (17.61%), Net Carbohydrates: 46.02g (16.74%), Sugar: 16.67g (18.52%), Cholesterol: 10.03mg (3.34%), Sodium: 270.94mg (11.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.25%), Vitamin A: 32292.2IU (645.84%), Manganese: 0.59mg (29.63%), Fiber: 6.82g (27.29%), Vitamin B6: 0.48mg (23.81%), Potassium: 770mg (22%), Vitamin B5: 1.83mg (18.25%), Copper: 0.35mg (17.32%), Magnesium: 56.97mg (14.24%), Vitamin B1: 0.18mg (11.81%), Phosphorus: 108.06mg (10.81%), Vitamin B2: 0.14mg (8.43%), Iron: 1.42mg (7.9%), Calcium: 69.77mg (6.98%), Vitamin C: 5.49mg (6.65%), Vitamin B3: 1.28mg (6.38%), Folate: 25.26µg (6.32%), Zinc: 0.7mg (4.69%), Vitamin E: 0.7mg (4.65%), Vitamin K: 4.41µg (4.2%), Selenium: 1.48µg (2.11%)