



Mashed Maple Bourbon Sweet Potatoes

 Vegetarian

READY IN



120 min.

SERVINGS



10

CALORIES



490 kcal

BEVERAGE

DRINK

Ingredients

- 3 tablespoons bourbon
- 5 tablespoons butter chilled cut into bits
- 8 tablespoons butter at room temperature
- 1 pinch thyme leaves dried
- 0.5 cup flour all-purpose
- 0.5 teaspoon ground pepper white
- 1 lemon zest juiced
- 0.3 cup brown sugar light packed

- 2 tablespoons brown sugar light
- 3 tablespoons maple syrup pure
- 10 servings pecan crumb topping
- 0.5 cup pecans chopped
- 1 teaspoon salt
- 1.5 teaspoons salt
- 6 pounds sweet potatoes
- 1 teaspoon pepper white

Equipment

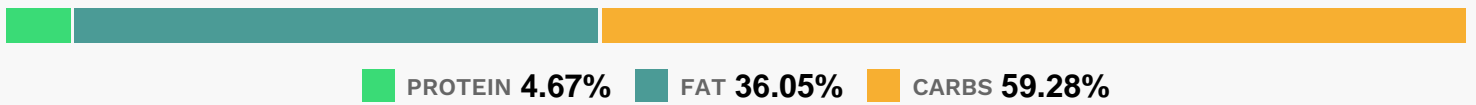
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- blender
- casserole dish
- aluminum foil

Directions

- Preheat the oven to 375 degrees F.
- Place the sweet potatoes on a foil lined baking sheet and roast for 45 minutes to 1 hour, until very soft to the touch.
- Remove from the oven and let cool 20 minutes. When cool enough to handle, peel them by hand and put the flesh in the bowl of a mixer. Using a paddle attachment, mix in the lemon zest and juice, maple syrup and brown sugar.
- Place the bourbon in a small saucepan and place over high heat.
- Let it come just to the boil and then tilt the pan slightly towards you to set it aflame*.
- Add to the potatoes along with the butter.

- Mix well.
- Add salt and pepper and transfer to a 13 by 9-inch oven-safe casserole dish. (Recipe can be made to this point up to 2 days before, refrigerated.)
- Sprinkle topping over potatoes and bake for 20 minutes until the top is golden brown.
- Alternatively, you may simply sprinkle the top of the casserole with a little bit of brown sugar and 1/2 cup chopped pecans.
- Mix the flour, brown sugar, salt, pepper, thyme and pecans together in a small bowl.
- Add the butter and work with your fingers until a crumbly mass forms.

Nutrition Facts



Properties

Glycemic Index:30.45, Glycemic Load:31.98, Inflammation Score:-10, Nutrition Score:19.906521755716%

Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 489.71kcal (24.49%), Fat: 19.61g (30.17%), Saturated Fat: 9.81g (61.34%), Carbohydrates: 72.54g (24.18%), Net Carbohydrates: 63.44g (23.07%), Sugar: 22.94g (25.49%), Cholesterol: 39.13mg (13.04%), Sodium: 851.07mg (37%), Alcohol: 1.5g (100%), Alcohol %: 0.59% (100%), Protein: 5.72g (11.43%), Vitamin A: 39070.18IU (781.4%), Manganese: 1.19mg (59.74%), Fiber: 9.1g (36.41%), Vitamin B6: 0.59mg (29.52%), Potassium: 980.22mg (28.01%), Copper: 0.51mg (25.3%), Vitamin B5: 2.29mg (22.93%), Vitamin B1: 0.31mg (20.64%), Magnesium: 79.97mg (19.99%), Vitamin B2: 0.29mg (16.99%), Phosphorus: 158.03mg (15.8%), Iron: 2.26mg (12.55%), Folate: 43.58µg (10.9%), Calcium: 106.9mg (10.69%), Vitamin B3: 1.99mg (9.93%), Vitamin C: 7.45mg (9.03%), Vitamin E: 1.23mg (8.18%), Zinc: 1.22mg (8.15%), Vitamin K: 6.76µg (6.44%), Selenium: 4.29µg (6.13%)