



Mashed Maple Sweet Potatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



90 min.

SERVINGS



6

CALORIES



633 kcal

SIDE DISH

Ingredients

- ☐ 3 lb rum red
- ☐ 2 tablespoons maple syrup
- ☐ 0.3 cup butter softened
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon nutmeg
- ☐ 2 tablespoons pecans toasted finely chopped

Equipment

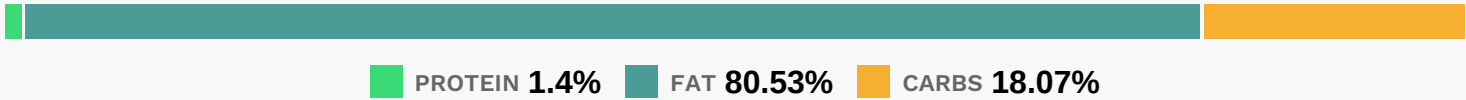
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F. Pierce potatoes with fork.
- ☐ Place potatoes in 9-inch square pan. Cover; bake about 1 hour 25 minutes or until potatoes are tender when pierced with a fork.
- ☐ Let potatoes stand about 10 minutes or until cool enough to handle; slip off skins and discard.
- ☐ In 2-quart saucepan, heat maple syrup and butter to boiling. Reduce heat to low.
- ☐ Add potatoes to saucepan; mash potatoes with syrup mixture, using electric mixer on medium speed, until light and fluffy. Stir in salt and nutmeg.
- ☐ Sprinkle with pecans.

Nutrition Facts



Properties

Glycemic Index:21.92, Glycemic Load:1.66, Inflammation Score:-7, Nutrition Score:2.2430435150214%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 633.16kcal (31.66%), Fat: 10.03g (15.43%), Saturated Fat: 1.8g (11.23%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 4.73g (1.72%), Sugar: 4.14g (4.6%), Cholesterol: 0mg (0%), Sodium: 285.86mg (12.43%), Alcohol: 75.75g (100%), Alcohol %: 38.9% (100%), Protein: 0.39g (0.79%), Manganese: 0.35mg (17.29%), Vitamin A: 340.23IU (6.8%), Vitamin B2: 0.1mg (5.98%), Copper: 0.09mg (4.41%), Vitamin B1: 0.04mg (2.74%), Vitamin E: 0.34mg (2.27%), Phosphorus: 20.57mg (2.06%), Zinc: 0.29mg (1.93%), Magnesium: 5.8mg (1.45%), Fiber: 0.33g (1.31%), Calcium: 12.63mg (1.26%), Potassium: 37.36mg (1.07%), Iron: 0.19mg (1.03%)