



Mashed Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



111 kcal

SIDE DISH

Ingredients

- 1 Tbsp brown sugar
- 0.5 cup knudsen cream light sour
- 2 Tbsp 2 tbsp. kraft lite zesty italian dressing italian kraft
- 0.5 cup onions finely chopped
- 1.5 lb sweet potatoes peeled quartered (5)

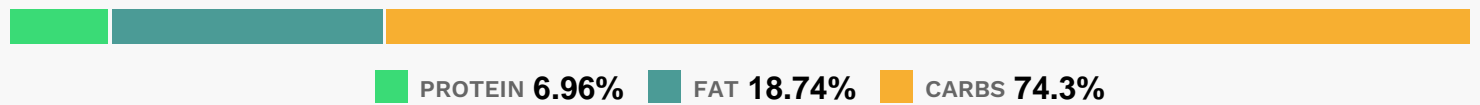
Equipment

- sauce pan

Directions

- Cook potatoes in boiling water in large saucepan 10 min. or until tender.
- Remove potatoes from saucepan; drain.
- Cook and stir onions in dressing in same saucepan on medium-high heat 5 min. or until crisp-tender.
- Add potatoes; mash lightly.
- Add remaining ingredients; cook on medium heat until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:8.65, Inflammation Score:-10, Nutrition Score:8.9065217375755%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 111.21kcal (5.56%), Fat: 2.35g (3.62%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 20.98g (6.99%), Net Carbohydrates: 18.26g (6.64%), Sugar: 5.86g (6.51%), Cholesterol: 5.03mg (1.68%), Sodium: 96.02mg (4.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.93%), Vitamin A: 12114.51IU (242.29%), Manganese: 0.23mg (11.72%), Fiber: 2.72g (10.89%), Vitamin B6: 0.2mg (9.78%), Potassium: 336.77mg (9.62%), Vitamin B5: 0.69mg (6.95%), Copper: 0.14mg (6.8%), Magnesium: 24.02mg (6%), Phosphorus: 53.69mg (5.37%), Vitamin B1: 0.08mg (5.16%), Calcium: 49.81mg (4.98%), Vitamin B2: 0.07mg (4.23%), Vitamin C: 2.93mg (3.55%), Vitamin K: 3.7µg (3.52%), Folate: 12.85µg (3.21%), Iron: 0.57mg (3.17%), Vitamin B3: 0.5mg (2.51%), Vitamin E: 0.35mg (2.31%), Zinc: 0.35mg (2.31%), Selenium: 1.1µg (1.57%), Vitamin B12: 0.06µg (1.01%)