



Mashed Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



275 kcal

SIDE DISH

Ingredients

- 1 banana sliced
- 0.5 cup brown sugar
- 0.5 stick butter
- 1 cup chicken stock see
- 0.5 teaspoon nutmeg grated
- 1 orange zest juiced
- 8 servings salt and pepper
- 3 pounds sweet potatoes peeled cut into chunks

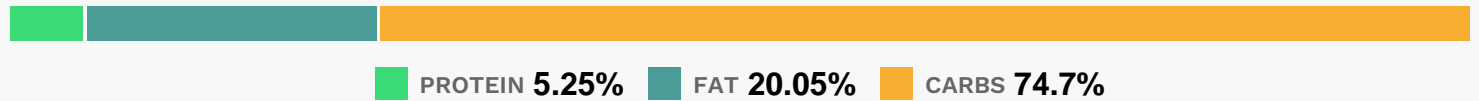
Equipment

- pot
- stove

Directions

- Watch how to make this recipe.
- Boil potatoes until tender, drain and reserve. Return the pot to the stove top over medium heat.
- Add butter and bananas to the pot. Cook bananas 5 minutes and add the juice of 1 orange to the pot, reserve the zest. Allow the juice to cook out, 1 minute.
- Add potatoes to the pot and the stock and sugar. Mash potatoes, banana, stock and sugar together until well combined. Season with nutmeg, salt, pepper and orange zest, to your taste. Mash to combine spices and serve.

Nutrition Facts



Properties

Glycemic Index:29.1, Glycemic Load:18.55, Inflammation Score:-10, Nutrition Score:13.455217380239%

Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 275.21kcal (13.76%), Fat: 6.27g (9.65%), Saturated Fat: 3.81g (23.79%), Carbohydrates: 52.58g (17.53%), Net Carbohydrates: 46.9g (17.06%), Sugar: 22.76g (25.29%), Cholesterol: 16.08mg (5.36%), Sodium: 379.72mg (16.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.39%), Vitamin A: 24324.94IU (486.5%), Manganese: 0.49mg (24.58%), Fiber: 5.67g (22.69%), Vitamin B6: 0.44mg (21.83%), Potassium: 681.17mg (19.46%), Copper: 0.29mg (14.69%), Vitamin B5: 1.44mg (14.43%), Magnesium: 49.65mg (12.41%), Vitamin B1: 0.15mg (10.02%), Phosphorus: 94.12mg (9.41%), Vitamin C: 7.47mg (9.05%), Vitamin B2: 0.14mg (8.46%), Vitamin B3: 1.55mg (7.76%),

Iron: 1.26mg (6.97%), Calcium: 68.54mg (6.85%), Folate: 24.06µg (6.01%), Vitamin E: 0.63mg (4.22%), Zinc: 0.59mg (3.95%), Vitamin K: 3.69µg (3.51%), Selenium: 2.08µg (2.97%)