



Mashed Sweet Potatoes

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



159 kcal

SIDE DISH

Ingredients

- 2 tablespoons chicken broth low-sodium warmed homemade canned
- 1 teaspoon kosher salt
- 2 tablespoons maple syrup
- 0.3 cup orange juice
- 3 large sweet potatoes
- 2 tablespoons butter unsalted

Equipment

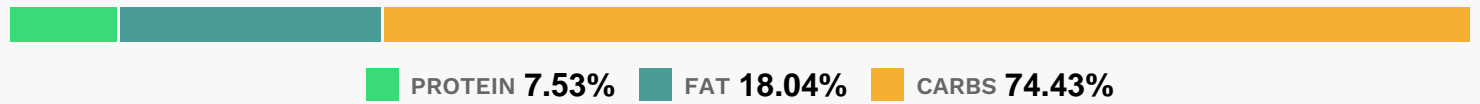
- bowl

- baking sheet
- oven
- potato masher

Directions

- Preheat the oven to 400 degrees F.
- Place sweet potatoes on a baking sheet and roast until easily pierced with a fork, about 1 hour.
- Peel the sweet potatoes while still hot.
- Combine the potatoes, butter, salt, orange juice, maple syrup, and chicken broth in a large bowl. Mash with a potato masher until the potatoes are smooth.
- Serve immediately. (This can be prepared a day ahead and reheated).

Nutrition Facts



Properties

Glycemic Index:18.31, Glycemic Load:14.3, Inflammation Score:-10, Nutrition Score:11.069565166598%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 158.57kcal (7.93%), Fat: 3.22g (4.95%), Saturated Fat: 1.91g (11.91%), Carbohydrates: 29.86g (9.95%), Net Carbohydrates: 26.02g (9.46%), Sugar: 8.98g (9.98%), Cholesterol: 9.37mg (3.12%), Sodium: 379.54mg (16.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Vitamin A: 18197.93IU (363.96%), Manganese: 0.45mg (22.3%), Fiber: 3.84g (15.36%), Vitamin B6: 0.28mg (13.84%), Potassium: 462.98mg (13.23%), Vitamin B5: 1.04mg (10.39%), Copper: 0.2mg (9.93%), Vitamin B2: 0.15mg (8.73%), Magnesium: 34.56mg (8.64%), Vitamin C: 6.93mg (8.41%), Vitamin B1: 0.11mg (7.33%), Phosphorus: 67.74mg (6.77%), Iron: 0.85mg (4.72%), Calcium: 46.09mg (4.61%), Vitamin B3: 0.84mg (4.18%), Folate: 16.53µg (4.13%), Zinc: 0.52mg (3.45%), Vitamin E: 0.43mg (2.85%), Vitamin K: 2.63µg (2.51%), Selenium: 1.49µg (2.13%)