



## Mashed Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



273 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon balsamic vinegar
- 4 servings pepper black freshly ground
- 0.8 teaspoon kosher salt as needed plus more
- 2 tablespoons amber maple syrup dark
- 0.5 teaspoon orange zest grated
- 2 pounds sweet potatoes scrubbed
- 2 tablespoons butter unsalted

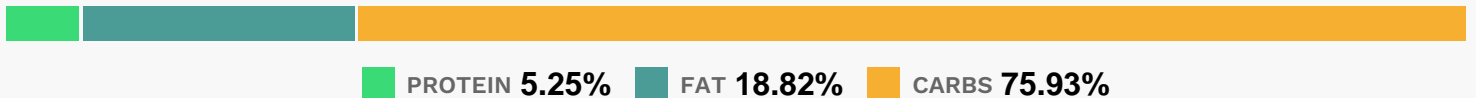
### Equipment

- frying pan
- sauce pan
- oven
- roasting pan
- potato ricer
- pot holder

## Directions

- Preheat the oven to 400 degrees F. Pierce the sweet potatoes 2 or 3 times with a fork.
- Bake in a roasting pan for 45 to 60 minutes, until tender.
- Cut the potatoes in half, lengthwise. Hold the sweet potatoes with a potholder or towel and scoop out the potato flesh into a food mill or ricer.
- In a medium saucepan, heat the butter, syrup, zest, and vinegar over medium heat.
- Remove from the heat and mash the sweet potatoes in the pan. Stir to combine evenly. Season to taste with salt and pepper.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:44.13, Glycemic Load:25.04, Inflammation Score:-10, Nutrition Score:15.55913041532%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 273.28kcal (13.66%), Fat: 5.79g (8.92%), Saturated Fat: 3.64g (22.74%), Carbohydrates: 52.61g (17.54%), Net Carbohydrates: 45.75g (16.64%), Sugar: 15.57g (17.3%), Cholesterol: 15.05mg (5.02%), Sodium: 562.61mg (24.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.27%), Vitamin A: 32352.1IU (647.04%),

Manganese: 0.83mg (41.51%), Fiber: 6.86g (27.42%), Vitamin B6: 0.47mg (23.75%), Potassium: 791.13mg (22.6%), Vitamin B5: 1.82mg (18.25%), Copper: 0.35mg (17.28%), Vitamin B2: 0.27mg (15.77%), Magnesium: 59.25mg (14.81%), Vitamin B1: 0.18mg (12.28%), Phosphorus: 108.6mg (10.86%), Calcium: 81.9mg (8.19%), Iron: 1.42mg (7.87%), Vitamin C: 5.78mg (7.01%), Vitamin B3: 1.28mg (6.39%), Folate: 25.25µg (6.31%), Zinc: 0.76mg (5.07%), Vitamin E: 0.75mg (5.02%), Vitamin K: 4.74µg (4.51%), Selenium: 1.44µg (2.06%)