



Mashed Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



383 kcal

SIDE DISH

Ingredients

- 0.3 cup brown sugar
- 0.3 cup brown sugar
- 0.5 stick butter
- 0.5 teaspoon cardamom
- 0.5 teaspoon ground pepper
- 1 teaspoon cinnamon
- 0.3 cup cup heavy whipping cream warmed
- 8 servings kosher salt for cooking potatoes

- 1 tablespoon maple syrup
- 1 orange zest minced
- 5 pounds sweet potatoes and into
- 1 teaspoon vanilla

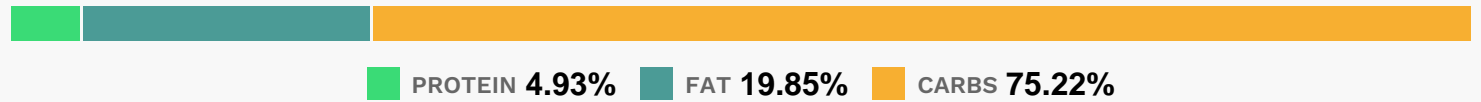
Equipment

- hand mixer

Directions

- Mash peeled potatoes until well broken up. (Or use an electric mixer.)
- Mix cinnamon, cayenne, cardamom, zest and sugar. Set aside.
- Add butter, milk or cream, vanilla and maple syrup to potatoes.
- Mix well.
- Add cinnamon sugar mixture until incorporated and smooth. Salt to taste.

Nutrition Facts



Properties

Glycemic Index:23.31, Glycemic Load:28.78, Inflammation Score:-10, Nutrition Score:18.104347826087%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 383.03kcal (19.15%), Fat: 8.59g (13.22%), Saturated Fat: 5.4g (33.74%), Carbohydrates: 73.22g (24.41%), Net Carbohydrates: 64.36g (23.4%), Sugar: 26.99g (29.99%), Cholesterol: 23.59mg (7.86%), Sodium: 401.38mg (17.45%), Protein: 4.8g (9.6%), Vitamin A: 40564.34IU (811.29%), Manganese: 0.88mg (44.03%), Fiber: 8.87g (35.46%), Vitamin B6: 0.61mg (30.37%), Potassium: 997.01mg (28.49%), Vitamin B5: 2.32mg (23.21%), Copper: 0.44mg (21.95%), Magnesium: 74.32mg (18.58%), Vitamin B1: 0.23mg (15.15%), Phosphorus: 140.9mg (14.09%), Vitamin B2: 0.22mg (13.2%), Calcium: 111.55mg (11.15%), Vitamin C: 9.02mg (10.93%), Iron: 1.9mg (10.56%), Vitamin

B3: 1.64mg (8.18%), Folate: 32.43µg (8.11%), Vitamin E: 1.02mg (6.77%), Zinc: 0.92mg (6.12%), Vitamin K: 6.01µg (5.73%), Selenium: 2.19µg (3.13%)