



## Mashed Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



457 kcal

SIDE DISH

### Ingredients

- 0.5 cup butter
- 0.8 cup maple syrup
- 0.8 cup milk
- 6 sweet potatoes cubed peeled

### Equipment

- pot
- hand mixer

## Directions

- Bring a large pot of salted water to a boil.
- Add potatoes and cook until tender, 20 to 30 minutes.
- With an electric mixer on low, blend potatoes, slowly adding milk, about 1/2 a cup at a time. Use more or less to achieve desired texture.
- Add butter and maple syrup to taste. Blend until smooth.
- Serve warm.

## Nutrition Facts

**PROTEIN 4.07%** **FAT 31.95%** **CARBS 63.98%**

## Properties

Glycemic Index:30.42, Glycemic Load:32.89, Inflammation Score:-10, Nutrition Score:19.461304353631%

## 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: 456.97kcal (22.85%), Fat: 16.43g (25.28%), Saturated Fat: 10.33g (64.57%), Carbohydrates: 74.03g (24.68%), Net Carbohydrates: 67.25g (24.45%), Sugar: 35.04g (38.94%), Cholesterol: 44.33mg (14.78%), Sodium: 261.15mg (11.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.42%), Vitamin A: 32584.76IU (651.7%), Manganese: 1.51mg (75.5%), Vitamin B2: 0.7mg (41.03%), Fiber: 6.78g (27.12%), Potassium: 902.47mg (25.78%), Vitamin B6: 0.49mg (24.58%), Vitamin B5: 1.94mg (19.43%), Magnesium: 68.99mg (17.25%), Copper: 0.34mg (17.08%), Calcium: 153.73mg (15.37%), Vitamin B1: 0.22mg (14.72%), Phosphorus: 141.57mg (14.16%), Iron: 1.43mg (7.93%), Zinc: 1.1mg (7.35%), Vitamin E: 1.04mg (6.94%), Vitamin B3: 1.33mg (6.66%), Vitamin C: 5.42mg (6.57%), Folate: 25.43µg (6.36%), Vitamin K: 5.48µg (5.22%), Vitamin B12: 0.2µg (3.28%), Selenium: 2.12µg (3.04%), Vitamin D: 0.34µg (2.24%)