

## Mashed Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



292 kcal

SIDE DISH

### Ingredients

- 2 medium sweet potatoes and into peeled cut into 2-inch chunks
- 3 tablespoons butter
- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 1 serving coarse mustard
- 0.5 cup frangelico

### Equipment

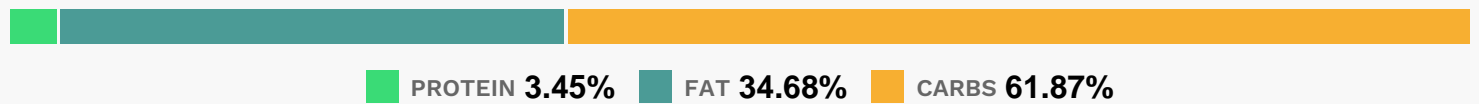
- sauce pan

steamer basket

## Directions

- Set a steamer basket in a large saucepan. Fill with enough water to come just below basket; bring to a boil, then reduce to a gentle simmer.
- Place sweet potatoes in steamer basket and cover; steam until tender, 15 to 25 minutes.
- Drain, and return to saucepan.
- Meanwhile, in a small saucepan, bring half-and-half, butter, and brown sugar to a simmer, stirring to combine; remove from heat.
- Add to drained sweet potatoes, and mash just until smooth; season with salt and pepper.
- José Manuel Picayo Rivera

## Nutrition Facts



## Properties

Glycemic Index:46.67, Glycemic Load:14.97, Inflammation Score:-10, Nutrition Score:11.55347828891%

## Flavonoids

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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 291.77kcal (14.59%), Fat: 11.49g (17.67%), Saturated Fat: 7.23g (45.17%), Carbohydrates: 46.11g (15.37%), Net Carbohydrates: 41.52g (15.1%), Sugar: 21.85g (24.28%), Cholesterol: 30.1mg (10.03%), Sodium: 195.7mg (8.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.15%), Vitamin A: 21726.12IU (434.52%), Manganese: 0.41mg (20.3%), Fiber: 4.59g (18.37%), Vitamin B6: 0.32mg (16.15%), Potassium: 534.89mg (15.28%), Vitamin B5: 1.25mg (12.47%), Copper: 0.24mg (11.81%), Magnesium: 40.19mg (10.05%), Vitamin B1: 0.12mg (8.09%), Phosphorus: 76.61mg (7.66%), Calcium: 62.89mg (6.29%), Iron: 1.06mg (5.9%), Vitamin B2: 0.1mg (5.75%), Vitamin E: 0.72mg (4.82%), Vitamin C: 3.62mg (4.39%), Vitamin B3: 0.87mg (4.36%), Folate: 17.27µg (4.32%), Vitamin K: 3.72µg (3.54%), Zinc: 0.48mg (3.2%), Selenium: 1.8µg (2.58%)