



Mashed Sweet Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



287 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon nutmeg
- ☐ 0.5 cup half and half
- ☐ 40 large marshmallows
- ☐ 0.5 teaspoon salt
- ☐ 4 pounds sweet potatoes and into

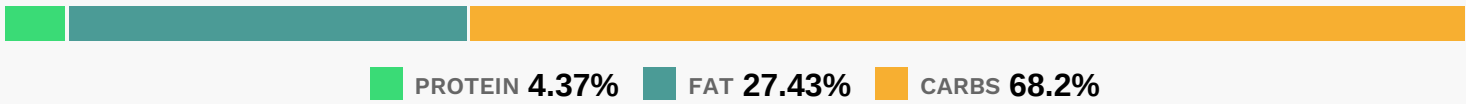
Equipment

- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ dutch oven

Directions

- ☐ Cook potatoes with 1/2 teaspoon salt in boiling water to cover in a large Dutch oven 30 minutes or until tender; drain. Cool potatoes slightly; peel and cut into chunks.
- ☐ Beat potato, butter, and next 3 ingredients, in batches, at medium speed with an electric mixer until smooth. Spoon into a lightly greased 13- x 9-inch baking dish. (If desired, cover and refrigerate up to 3 days, or freeze up to 1 month. Thaw at least 12 hours in refrigerator.)
- ☐ Bake at 350 for 30 minutes; top with marshmallows, and bake 15 more minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:26.51, Inflammation Score:-10, Nutrition Score:11.685652109592%

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: 286.73kcal (14.34%), Fat: 8.96g (13.78%), Saturated Fat: 2.37g (14.83%), Carbohydrates: 50.13g (16.71%), Net Carbohydrates: 45.44g (16.52%), Sugar: 20.23g (22.48%), Cholesterol: 3.53mg (1.18%), Sodium: 294.11mg (12.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.42%), Vitamin A: 21825.06IU (436.5%), Manganese: 0.43mg (21.31%), Fiber: 4.68g (18.73%), Vitamin B6: 0.32mg (16.16%), Potassium: 529.31mg (15.12%), Copper: 0.25mg (12.71%), Vitamin B5: 1.25mg (12.48%), Magnesium: 39.97mg (9.99%), Phosphorus: 85.15mg (8.51%), Vitamin B1: 0.12mg (8.18%), Vitamin B2: 0.12mg (6.81%), Calcium: 61.72mg (6.17%), Iron: 1mg (5.56%), Vitamin E: 0.72mg (4.77%), Vitamin C: 3.75mg (4.55%), Vitamin B3: 0.88mg (4.39%), Folate: 17.4µg (4.35%), Zinc: 0.51mg (3.39%), Vitamin K: 2.9µg (2.77%), Selenium: 1.63µg (2.34%)