



Mashed Sweet Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



255 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon nutmeg
- ☐ 3 tablespoons honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup orange juice
- ☐ 0.5 cup cream sour
- ☐ 4 pounds sweet potatoes and into peeled cut into eighths

Equipment

- ☐ pot

☐ potato masher

Directions

- ☐ Place the sweet potatoes in a large pot and add enough water to cover. Bring to a boil and cook until tender, 15 to 20 minutes.
- ☐ Drain the potatoes and return to the pot.
- ☐ Add the remaining ingredients and mash with a potato masher or fork. Season to taste with more salt if necessary.

Nutrition Facts



Properties

Glycemic Index:29.03, Glycemic Load:26.74, Inflammation Score:-10, Nutrition Score:15.471739240315%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg 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: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 254.75kcal (12.74%), Fat: 2.96g (4.55%), Saturated Fat: 1.51g (9.45%), Carbohydrates: 54.43g (18.14%), Net Carbohydrates: 47.57g (17.3%), Sugar: 17.76g (19.73%), Cholesterol: 8.48mg (2.83%), Sodium: 202.35mg (8.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.09%), Vitamin A: 32296.19IU (645.92%), Manganese: 0.6mg (29.86%), Fiber: 6.86g (27.45%), Vitamin B6: 0.49mg (24.4%), Potassium: 817.6mg (23.36%), Vitamin B5: 1.9mg (18.97%), Copper: 0.36mg (17.77%), Vitamin C: 13.36mg (16.2%), Magnesium: 60.12mg (15.03%), Vitamin B1: 0.19mg (12.93%), Phosphorus: 120.6mg (12.06%), Vitamin B2: 0.17mg (10.01%), Calcium: 84.9mg (8.49%), Iron: 1.46mg (8.11%), Folate: 30.67µg (7.67%), Vitamin B3: 1.35mg (6.74%), Zinc: 0.75mg (5.03%), Vitamin E: 0.65mg (4.34%), Vitamin K: 4.31µg (4.11%), Selenium: 1.97µg (2.82%)