



## Mashed Sweet Potatoes

 Gluten Free

READY IN



40 min.

SERVINGS



15

CALORIES



287 kcal

SIDE DISH

### Ingredients

- ☐ 1 cup butter
- ☐ 2 cups marshmallows
- ☐ 1 cup orange juice
- ☐ 10 sweet potatoes peeled quartered
- ☐ 3 tablespoons sugar white

### Equipment

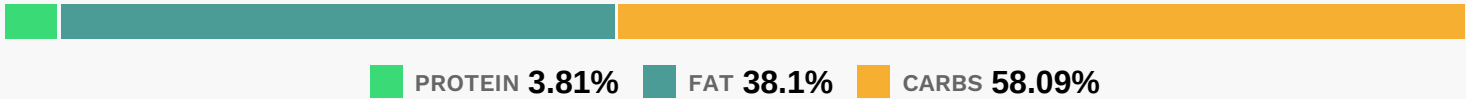
- ☐ oven
- ☐ pot

- ☐ baking pan
- ☐ broiler

## Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add potatoes and cook until tender but still firm, about 15 minutes.
- ☐ Drain, cool and mash.
- ☐ Preheat oven broiler.
- ☐ Mix mashed potatoes with orange juice, butter and sugar until smooth.
- ☐ Spread in a 9x13 inch baking dish. Cover with marshmallows.
- ☐ Place dish under preheated broiler until marshmallows melt and turn brown, 5 to 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:19.37, Glycemic Load:22.43, Inflammation Score:-10, Nutrition Score:12.004347819349%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg 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: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 286.56kcal (14.33%), Fat: 12.41g (19.09%), Saturated Fat: 7.82g (48.85%), Carbohydrates: 42.56g (14.19%), Net Carbohydrates: 38g (13.82%), Sugar: 15.85g (17.61%), Cholesterol: 32.54mg (10.85%), Sodium: 188.36mg (8.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Vitamin A: 21786.33IU (435.73%), Manganese: 0.39mg (19.6%), Fiber: 4.56g (18.25%), Vitamin B6: 0.32mg (16.11%), Potassium: 544.99mg (15.57%), Vitamin C: 11.88mg (14.4%), Vitamin B5: 1.25mg (12.54%), Copper: 0.24mg (12.23%), Magnesium: 39.99mg (10%), Vitamin B1: 0.13mg (8.88%), Phosphorus: 78.06mg (7.81%), Vitamin B2: 0.1mg (6.03%), Folate: 22.09µg (5.52%), Iron: 0.98mg (5.44%), Calcium: 50.97mg (5.1%), Vitamin E: 0.75mg (5%), Vitamin B3: 0.92mg (4.6%), Vitamin K: 3.79µg (3.61%), Zinc: 0.48mg (3.19%), Selenium: 1.26µg (1.79%)