



Mashed Sweet Potatoes with Autumn Spices

READY IN



100 min.

SERVINGS



8

CALORIES



184 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 tablespoons cooking sherry dry
- ☐ 8 servings garnish: gingersnaps crumbled
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest
- ☐ 2 tablespoons brown sugar light

- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 0.3 cup peach preserves
- ☐ 24 oz sweet potatoes

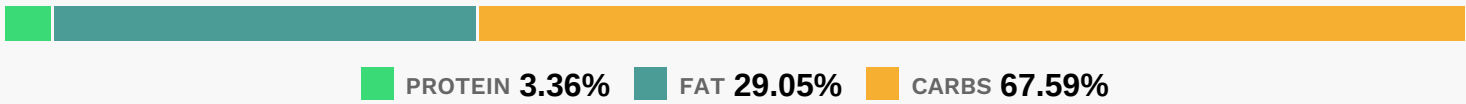
Equipment

- ☐ food processor
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ potato masher
- ☐ aluminum foil
- ☐ potato ricer

Directions

- ☐ Preheat oven to 350 with oven rack 8 inches from heat. Pierce potatoes several times with a fork; place potatoes on oven rack, and place a piece of aluminum foil on the rack below to catch drips.
- ☐ Bake potatoes 40 minutes or until tender. Cool slightly (about 10 minutes).
- ☐ Peel potatoes, and press through a ricer or mash with a potato masher until smooth. (Do not use a mixer or food processor.) Stir in preserves and next 9 ingredients until well blended. Spoon sweet potato mixture into a lightly greased 2 1/2-qt. baking dish.
- ☐ Bake at 350 for 20 minutes or until hot.
- ☐ Brought to the table by Sheri Castle (adapted from The New Southern Garden Cookbook).

Nutrition Facts



Properties

Glycemic Index:31.63, Glycemic Load:13.77, Inflammation Score:-10, Nutrition Score:9.0395652088134%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 184.31kcal (9.22%), Fat: 5.97g (9.18%), Saturated Fat: 3.72g (23.28%), Carbohydrates: 31.23g (10.41%), Net Carbohydrates: 28.36g (10.31%), Sugar: 13.73g (15.26%), Cholesterol: 15.25mg (5.08%), Sodium: 248.97mg (10.82%), Alcohol: 0.39g (100%), Alcohol %: 0.41% (100%), Protein: 1.55g (3.1%), Vitamin A: 12243.96IU (244.88%), Manganese: 0.3mg (15.2%), Fiber: 2.87g (11.48%), Vitamin B6: 0.19mg (9.43%), Potassium: 316.39mg (9.04%), Copper: 0.15mg (7.52%), Vitamin B5: 0.71mg (7.08%), Vitamin C: 5.39mg (6.53%), Magnesium: 23.94mg (5.99%), Vitamin B1: 0.07mg (4.86%), Phosphorus: 46.87mg (4.69%), Vitamin B2: 0.07mg (4.11%), Iron: 0.73mg (4.04%), Calcium: 35.63mg (3.56%), Folate: 12.99µg (3.25%), Vitamin E: 0.42mg (2.8%), Vitamin B3: 0.54mg (2.71%), Vitamin K: 2.09µg (1.99%), Zinc: 0.29mg (1.95%), Selenium: 1.04µg (1.48%)