



## Mashed Sweet Potatoes with Bacon

 Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



10

CALORIES



196 kcal

SIDE DISH

### Ingredients

- 3 lb sweet potatoes and into ( 4 potatoes)
- 8 slices bacon
- 0.8 cup onion chopped
- 1 teaspoon thyme sprigs fresh chopped
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1 sprigs thyme leaves fresh
- 0.3 cup frangelico warmed

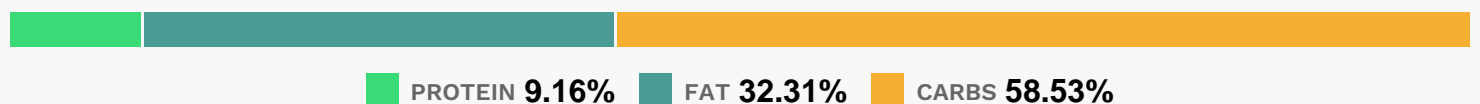
## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven

## Directions

- Heat oven to 350°F. Pierce sweet potatoes all over with fork; place on cookie sheet with sides.
- Bake about 1 hour 15 minutes or until tender when pierced with fork.
- Let stand 15 minutes or until cool enough to handle.
- Meanwhile, in 10-inch skillet, cook bacon over medium-high heat 4 minutes, turning occasionally, until brown.
- Remove bacon from skillet; place on paper towels to drain. Reserve 1 tablespoon drippings in skillet; discard remaining drippings.
- Add onion to skillet; cook over medium heat 5 to 8 minutes, stirring occasionally, until softened.
- Peel sweet potatoes; place in large bowl. Mash until no lumps remain.
- Add warm half-and-half, thyme, salt and pepper; mash until very smooth.
- Add onion to sweet potatoes. Crumble bacon; reserve 2 tablespoons for garnish.
- Add remaining bacon to potatoes; stir until blended.
- Garnish with reserved bacon and thyme sprigs.

## Nutrition Facts



## Properties

Glycemic Index:20.7, Glycemic Load:13.78, Inflammation Score:-10, Nutrition Score:11.837391333736%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

## Nutrients (% of daily need)

Calories: 195.65kcal (9.78%), Fat: 7.07g (10.88%), Saturated Fat: 2.37g (14.82%), Carbohydrates: 28.83g (9.61%), Net Carbohydrates: 24.49g (8.91%), Sugar: 6.2g (6.89%), Cholesterol: 11.62mg (3.87%), Sodium: 308.15mg (13.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.02%), Vitamin A: 19326.63IU (386.53%), Manganese: 0.38mg (19.02%), Fiber: 4.34g (17.36%), Vitamin B6: 0.35mg (17.34%), Potassium: 513.47mg (14.67%), Vitamin B5: 1.2mg (12.03%), Copper: 0.22mg (11%), Vitamin B1: 0.16mg (10.7%), Magnesium: 37.9mg (9.47%), Phosphorus: 93.18mg (9.32%), Vitamin B3: 1.49mg (7.43%), Selenium: 4.42µg (6.31%), Vitamin B2: 0.1mg (6%), Vitamin C: 4.63mg (5.62%), Iron: 0.99mg (5.48%), Calcium: 45.97mg (4.6%), Folate: 17.39µg (4.35%), Zinc: 0.64mg (4.28%), Vitamin E: 0.43mg (2.88%), Vitamin K: 2.58µg (2.46%), Vitamin B12: 0.09µg (1.47%)