



## Mashed Sweet Potatoes with Bacon

 Gluten Free

READY IN



105 min.

SERVINGS



10

CALORIES



204 kcal

SIDE DISH

### Ingredients

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

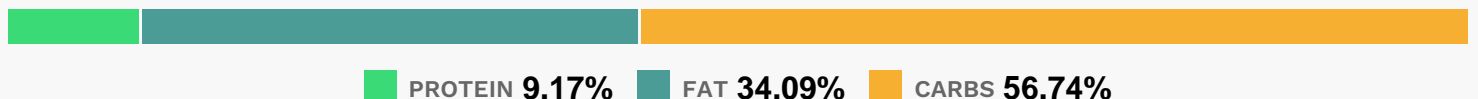
## Equipment

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

## Directions

- Heat oven to 350F. 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:11.998260854379%

## 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: 203.57kcal (10.18%), Fat: 7.77g (11.95%), Saturated Fat: 2.8g (17.48%), Carbohydrates: 29.09g (9.7%), Net Carbohydrates: 24.75g (9%), Sugar: 6.45g (7.16%), Cholesterol: 13.73mg (4.58%), Sodium: 311.84mg (13.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.4%), Vitamin A: 19348.04IU (386.96%), Manganese: 0.38mg (19.02%), Vitamin B6: 0.35mg (17.49%), Fiber: 4.34g (17.36%), Potassium: 521.45mg (14.9%), Vitamin B5: 1.22mg (12.2%), Copper: 0.22mg (11.03%), Vitamin B1: 0.16mg (10.82%), Phosphorus: 98.93mg (9.89%), Magnesium: 38.5mg (9.63%), Vitamin B3: 1.49mg (7.46%), Vitamin B2: 0.11mg (6.69%), Selenium: 4.61µg (6.59%), Vitamin C: 4.69mg (5.68%), Iron: 0.99mg (5.49%), Calcium: 52.45mg (5.24%), Zinc: 0.67mg (4.44%), Folate: 17.57µg (4.39%), Vitamin E: 0.45mg (2.98%), Vitamin K: 2.66µg (2.53%), Vitamin B12: 0.1µg (1.66%)