





 **9%**
HEALTH SCORE

Mashed Sweet Potatoes with Banana and Brown Sugar

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



663 kcal

SIDE DISH

Ingredients

- 1 banana with a 2-inch slit cut into the peel
- 0.3 cup brown sugar light packed
- 0.3 cup brown sugar light packed
- 1 cinnamon sticks
- 1 teaspoon pepper fresh black as needed finely
- 2 cups cup heavy whipping cream
- 3 tablespoons kosher salt as needed

- 4 ounces butter unsalted
- 8 large sweet potatoes and into

Equipment

- bowl
- knife
- baking pan
- roasting pan
- potato masher
- aluminum foil

Directions

- Wash each of the potatoes well, poke holes into them with a fork, rub each with about 1 teaspoon of salt, and wrap with heavy-duty aluminum foil.
- Place directly on hot coals and cook for about 20 minutes, or cook in a 350°F barbecue for about 50 minutes, or until tender when pierced with a paring knife. At the same time, cook the banana in the peel until blackened, about 15 minutes.
- Carefully take the potatoes out of the foil and scoop the flesh out from the skin into a large bowl. Cover with foil. Scoop the flesh out of the banana into a separate bowl.
- Increase temperature to high.
- Place a small roasting pan or deep baking dish with high sides that can take the direct flame (a 13 x 9-inch baking dish with a 15-cup capacity is ideal) over the heat and let heat up for 5 minutes.
- Add the butter and let melt.
- Add the cream, cinnamon stick, brown sugar, potatoes, banana, 1 teaspoon of salt, and 1 teaspoon of pepper. Using a potato masher, mash the potatoes and banana, and stir to combine.
- Season to taste with additional salt and pepper as needed.
- Reprinted with permission from *Serious Barbecue: Smoke, Char, Baste, &*
- Brush Your Way to Great Outdoor Cooking* by Adam Perry Lang with JJ Goode and Amy Vogler, © 2009 Hyperion

Nutrition Facts

PROTEIN 4.35% FAT 44.07% CARBS 51.58%

Properties

Glycemic Index:18.72, Glycemic Load:35.43, Inflammation Score:-10, Nutrition Score:22.572608709335%

Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 663.42kcal (33.17%), Fat: 33.21g (51.09%), Saturated Fat: 21.05g (131.56%), Carbohydrates: 87.47g (29.16%), Net Carbohydrates: 76.59g (27.85%), Sugar: 31.11g (34.56%), Cholesterol: 97.71mg (32.57%), Sodium: 2824.88mg (122.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.37g (14.74%), Vitamin A: 49476.78IU (989.54%), Manganese: 1.04mg (52.1%), Fiber: 10.88g (43.52%), Vitamin B6: 0.79mg (39.65%), Potassium: 1282.57mg (36.64%), Vitamin B5: 2.96mg (29.6%), Copper: 0.55mg (27.35%), Magnesium: 95.43mg (23.86%), Phosphorus: 202.18mg (20.22%), Vitamin B2: 0.34mg (19.73%), Vitamin B1: 0.28mg (18.85%), Calcium: 163.93mg (16.39%), Iron: 2.36mg (13.08%), Vitamin E: 1.79mg (11.92%), Vitamin C: 9.82mg (11.9%), Folate: 43.36µg (10.84%), Vitamin B3: 2.06mg (10.3%), Vitamin K: 9.64µg (9.18%), Zinc: 1.22mg (8.13%), Vitamin D: 1.16µg (7.76%), Selenium: 4.31µg (6.16%), Vitamin B12: 0.12µg (1.99%)