



Mashed Sweet Potatoes with Banana and Brown Sugar



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



637 kcal

SIDE DISH

Ingredients

- ☐ 1 banana with a 2-inch slit cut into the peel
- ☐ 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 4.52% **FAT 45.89%** **CARBS 49.59%**

Properties

Glycemic Index:18.72, Glycemic Load:35.43, Inflammation Score:-10, Nutrition Score:22.481739261876%

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: 637.29kcal (31.86%), Fat: 33.21g (51.09%), Saturated Fat: 21.05g (131.56%), Carbohydrates: 80.73g (26.91%), Net Carbohydrates: 69.85g (25.4%), Sugar: 24.44g (27.15%), Cholesterol: 97.71mg (32.57%), Sodium: 2822.96mg (122.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.72%), Vitamin A: 49476.78IU (989.54%), Manganese: 1.04mg (51.88%), Fiber: 10.88g (43.52%), Vitamin B6: 0.79mg (39.51%), Potassium: 1273.42mg (36.38%), Vitamin B5: 2.95mg (29.51%), Copper: 0.54mg (27.19%), Magnesium: 94.81mg (23.7%), Phosphorus: 201.91mg (20.19%), Vitamin B2: 0.34mg (19.73%), Vitamin B1: 0.28mg (18.85%), Calcium: 158.23mg (15.82%), Iron: 2.31mg (12.81%), Vitamin E: 1.79mg (11.92%), Vitamin C: 9.82mg (11.9%), Folate: 43.29µg (10.82%), Vitamin B3: 2.05mg (10.26%), Vitamin K: 9.64µg (9.18%), Zinc: 1.22mg (8.12%), Vitamin D: 1.16µg (7.76%), Selenium: 4.23µg (6.04%), Vitamin B12: 0.12µg (1.99%)