



Mashed Sweet Potatoes with Cumin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



277 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter cubed
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons maple syrup
- ☐ 0.5 cup pecans toasted chopped
- ☐ 2 medium size purple onions coarsely chopped

- ☐ 1 teaspoon salt
- ☐ 3.5 pounds sweet potatoes cubed peeled

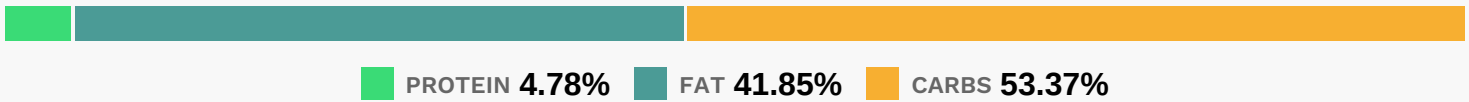
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine first 3 ingredients in a lightly greased 11- x 7-inch or shallow 2-quart baking dish; sprinkle with salt and red pepper.
- ☐ Bake, covered, at 375 for 40 to 45 minutes or until potato is tender.
- ☐ Remove from oven.
- ☐ Add syrup and next 3 ingredients; mash, leaving a few lumps.
- ☐ Sprinkle with pecans.
- ☐ NOTE: To make ahead, cover and chill after baking.
- ☐ Remove from refrigerator; let stand 30 minutes.
- ☐ Bake at 375 for 30 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:17.35, Glycemic Load:17.24, Inflammation Score:-10, Nutrition Score:14.049130483814%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 277.29kcal (13.86%), Fat: 13.23g (20.35%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 37.96g (12.65%), Net Carbohydrates: 32.14g (11.69%), Sugar: 10.24g (11.38%), Cholesterol: 0mg (0%), Sodium: 428.54mg (18.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.79%), Vitamin A: 22977.21IU (459.54%), Manganese: 0.82mg (40.98%), Fiber: 5.82g (23.28%), Vitamin B6: 0.38mg (18.75%), Potassium: 611.29mg (17.47%), Copper: 0.32mg (15.85%), Vitamin B5: 1.36mg (13.56%), Magnesium: 50.76mg (12.69%), Vitamin B1: 0.18mg (11.71%), Phosphorus: 100.24mg (10.02%), Vitamin B2: 0.17mg (9.81%), Vitamin C: 6.2mg (7.52%), Iron: 1.32mg (7.32%), Calcium: 68.52mg (6.85%), Vitamin E: 0.89mg (5.92%), Folate: 23.39µg (5.85%), Zinc: 0.81mg (5.37%), Vitamin B3: 1mg (5.01%), Vitamin K: 3.29µg (3.13%), Selenium: 1.3µg (1.85%)