



## Mashed Sweet Potatoes with Ginger, Cardamom, and Honey

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



374 kcal

SIDE DISH

### Ingredients

- 4 servings pepper black freshly ground
- 1 teaspoon ground cardamom
- 2 tablespoons honey
- 1 teaspoon kosher salt as needed plus more
- 8 ounces baking potatoes
- 2 pounds sweet potatoes and into
- 4 tablespoons butter unsalted ()

## Equipment

- bowl
- sauce pan
- pot
- potato masher
- steamer basket

## Directions

- Fill a large pot with 1 inch of water and bring it to a boil over high heat. Set a steamer basket inside and reduce the heat to low so the water is simmering. Peel and cut the sweet and russet potatoes into large dice.
- Place them in the steamer, cover with a tightfitting lid, and steam until fork-tender, about 20 minutes. Meanwhile, place the remaining measured ingredients in a small saucepan over low heat, season with pepper, and stir until the butter and honey have melted.
- Remove from the heat and set aside. When the potatoes are ready, transfer them to a large bowl, drizzle with the butter mixture, and mash with a potato masher to the desired consistency. Taste and season with salt and pepper as needed.

## Nutrition Facts



## Properties

Glycemic Index:58.01, Glycemic Load:35.11, Inflammation Score:-10, Nutrition Score:17.5460869035%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 373.94kcal (18.7%), Fat: 11.55g (17.77%), Saturated Fat: 7.25g (45.32%), Carbohydrates: 64.94g (21.65%), Net Carbohydrates: 57.22g (20.81%), Sugar: 18.46g (20.51%), Cholesterol: 30.1mg (10.03%), Sodium: 711.01mg

(30.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.98%), Vitamin A: 32526.55IU (650.53%), Manganese: 0.84mg (41.87%), Vitamin B6: 0.67mg (33.7%), Fiber: 7.73g (30.91%), Potassium: 1016.6mg (29.05%), Copper: 0.41mg (20.53%), Vitamin B5: 2.01mg (20.09%), Magnesium: 71.56mg (17.89%), Vitamin B1: 0.23mg (15.01%), Phosphorus: 142.61mg (14.26%), Iron: 2mg (11.12%), Vitamin C: 8.83mg (10.71%), Vitamin B2: 0.17mg (9.82%), Vitamin B3: 1.88mg (9.38%), Folate: 33.53µg (8.38%), Calcium: 82.12mg (8.21%), Vitamin E: 0.92mg (6.14%), Zinc: 0.92mg (6.14%), Vitamin K: 6.25µg (5.95%), Selenium: 1.82µg (2.6%), Vitamin D: 0.21µg (1.4%)