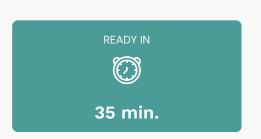


Mashed Sweet Potatoes with Ginger, Cardamom, and Honey







SIDE DISH

Ingredients

4 servings pepper black treshly ground	
O.3 cup ginger fresh finely grated peeled (from a 6-inch piece)
1 teaspoon ground cardamom	
2 tablespoons honey	
1 teaspoon kosher salt as needed plus mo	ore
8 ounces baking potatoes	
2 pounds sweet potatoes and into	

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 bash inside and reduce the heat to low so the water is simmering. Peel and cut the sweet and russet potatoes into large dice.	æt	
Place them in the steamer, cover with a tightfitting lid, and steam until fork-tender, about minutes. Meanwhile, place the remaining measured ingredients in a small saucepan over 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.	ţе	
Nutrition Facts		
PROTEIN 5.24% FAT 26.84% CARBS 67.92%		
Properties Glycemic Index:61.76, Glycemic Load:35.25, Inflammation Score:-10, Nutrition Score:17.788695647665%		
Flavonoids		
Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg	ن م	
Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Myricetin: 0.07mg, Myricetin: 0	erol:	

Nutrients (% of daily need)

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Calories: 378.74kcal (18.94%), Fat: 11.6g (17.84%), Saturated Fat: 7.26g (45.4%), Carbohydrates: 66.01g (22%), Net Carbohydrates: 58.16g (21.15%), Sugar: 18.56g (20.63%), Cholesterol: 30.1mg (10.03%), Sodium: 711.79mg (30.95%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 5.1g (10.2%), Vitamin A: 32526.55IU (650.53%), Manganese: 0.85mg (42.56%), Vitamin B6: 0.68mg (34.18%), Fiber: 7.85g (31.39%), Potassium: 1041.5mg (29.76%), Copper: 0.42mg (21.21%), Vitamin B5: 2.02mg (20.21%), Magnesium: 74.14mg (18.54%), Vitamin B1: 0.23mg (15.11%), Phosphorus: 144.65mg (14.46%), Iron: 2.04mg (11.32%), Vitamin C: 9.13mg (11.07%), Vitamin B2: 0.17mg (9.94%), Vitamin B3: 1.92mg (9.6%), Folate: 34.19µg (8.55%), Calcium: 83.08mg (8.31%), Zinc: 0.94mg (6.27%), Vitamin E: 0.94mg (6.25%), Vitamin K: 6.25µg (5.95%), Selenium: 1.86µg (2.66%), Vitamin D: 0.21µg (1.4%)