



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

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



379 kcal

SIDE DISH

### Ingredients

- 4 servings pepper black freshly ground
- 0.3 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 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



**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, 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: 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: 0g (100%), Alcohol %: 0% (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%)