



Mashed Sweet Potatoes with Goat Cheese

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



243 kcal

SIDE DISH

Ingredients

- 0.3 cup butter softened
- 0.5 teaspoon rubbed sage dried
- 2 ounces goat cheese
- 0.5 cup half-and-half
- 1 tablespoon maple syrup to taste
- 0.5 teaspoon paprika
- 3 pounds sweet potatoes cubed peeled

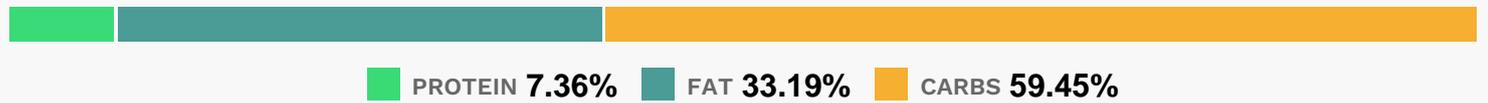
Equipment

- bowl
- pot
- potato masher

Directions

- Place sweet potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes.
- Drain and transfer sweet potatoes to a large bowl.
- Mash sweet potatoes with half-and-half and butter with a potato masher until butter is melted; add goat cheese, maple syrup, sage, and paprika. Stir potatoes until evenly seasoned.

Nutrition Facts



Properties

Glycemic Index:19.94, Glycemic Load:17.51, Inflammation Score:-10, Nutrition Score:13.194782777973%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 242.79kcal (12.14%), Fat: 9.09g (13.98%), Saturated Fat: 5.78g (36.1%), Carbohydrates: 36.63g (12.21%), Net Carbohydrates: 31.48g (11.45%), Sugar: 9.31g (10.35%), Cholesterol: 23.81mg (7.94%), Sodium: 174.78mg (7.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.07%), Vitamin A: 24497.65IU (489.95%), Manganese: 0.51mg (25.29%), Fiber: 5.15g (20.6%), Vitamin B6: 0.38mg (19.19%), Potassium: 605.28mg (17.29%), Copper: 0.31mg (15.55%), Vitamin B5: 1.46mg (14.64%), Magnesium: 46.09mg (11.52%), Vitamin B2: 0.2mg (11.51%), Phosphorus: 114.56mg (11.46%), Vitamin B1: 0.14mg (9.64%), Calcium: 81.95mg (8.2%), Iron: 1.21mg (6.73%), Vitamin C: 4.22mg (5.12%), Folate: 20.31µg (5.08%), Vitamin B3: 1.01mg (5.06%), Vitamin E: 0.69mg (4.63%), Zinc: 0.66mg (4.43%), Vitamin K: 4.09µg (3.9%), Selenium: 1.78µg (2.55%)