



Mashed Sweet Potatoes with Marsala

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



299 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1.5 tablespoons brown sugar
- ☐ 1.5 tablespoons buttermilk low-fat
- ☐ 1 tablespoon plum brandy
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon stick margarine
- ☐ 1 pound sweet potatoes and into

Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Bake potatoes at 425 for 1 hour and 10 minutes or until tender; cool slightly.
- ☐ Cut each potato in half lengthwise, and scoop out pulp. Discard skins.
- ☐ Place potatoes and remaining ingredients in a small saucepan; mash to desired consistency. Cook over low heat 2 minutes or until thoroughly heated.
- ☐ Garnish with thyme, if desired.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:22.54, Inflammation Score:-10, Nutrition Score:14.991304296514%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg 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: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 299.22kcal (14.96%), Fat: 6.19g (9.52%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 56.17g (18.72%), Net Carbohydrates: 49.34g (17.94%), Sugar: 19.33g (21.48%), Cholesterol: 0.45mg (0.15%), Sodium: 359.67mg (15.64%), Alcohol: 1.15g (100%), Alcohol %: 0.55% (100%), Protein: 4.04g (8.08%), Vitamin A: 32446.01IU (648.92%), Manganese: 0.62mg (30.82%), Fiber: 6.84g (27.34%), Vitamin B6: 0.48mg (24.13%), Potassium: 804.96mg (23%), Vitamin B5: 1.87mg (18.68%), Copper: 0.35mg (17.65%), Magnesium: 59.86mg (14.97%), Vitamin B1: 0.18mg (12.2%), Phosphorus: 119.54mg (11.95%), Vitamin B2: 0.16mg (9.41%), Calcium: 92.02mg (9.2%), Iron: 1.48mg (8.25%), Vitamin C: 5.57mg (6.75%), Vitamin B3: 1.3mg (6.49%), Folate: 25.7µg (6.42%), Vitamin E: 0.83mg (5.51%), Zinc: 0.74mg (4.92%), Vitamin K: 4.3µg (4.09%), Selenium: 1.74µg (2.48%)