



Mashed Sweet Potatoes with Marshmallows



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



299 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 10.5 ounce marshmallows miniature
- ☐ 6 sweet potatoes peeled cut into cubes

Equipment

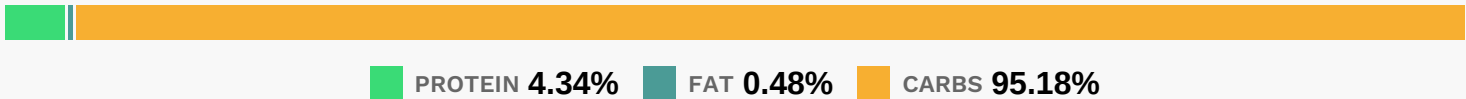
- ☐ baking sheet
- ☐ oven

- ☐ mixing bowl
- ☐ pot
- ☐ casserole dish
- ☐ potato masher
- ☐ broiler

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place sweet potatoes into a large pot and cover with water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes; drain.
- ☐ Transfer drained sweet potatoes to a baking sheet.
- ☐ Bake sweet potatoes in the preheated oven until dried, 3 to 4 minutes; transfer to a mixing bowl.
- ☐ Mash sweet potatoes with a potato masher until no large lumps remain; add sugar, allspice, and cinnamon. Continue mashing potatoes until evenly seasoned; spoon into a casserole dish.
- ☐ Spread miniature marshmallows in an even layer over the sweet potato mixture.
- ☐ Bake in oven until marshmallows just begin to brown, 10 to 15 minutes.
- ☐ Switch oven to broil; cook under broiler for 1 minute.

Nutrition Facts



Properties

Glycemic Index:17.31, Glycemic Load:35.12, Inflammation Score:-10, Nutrition Score:12.193478345871%

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, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 299.25kcal (14.96%), Fat: 0.17g (0.25%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 73.44g (24.48%), Net Carbohydrates: 68.27g (24.83%), Sugar: 37.41g (41.57%), Cholesterol: 0mg (0%), Sodium: 125.61mg (5.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Vitamin A: 24047.49IU (480.95%), Manganese: 0.46mg (22.95%), Fiber: 5.17g (20.68%), Vitamin B6: 0.36mg (17.97%), Potassium: 586.19mg (16.75%), Copper: 0.3mg (14.85%), Vitamin B5: 1.37mg (13.7%), Magnesium: 44.07mg (11.02%), Vitamin B1: 0.13mg (8.84%), Phosphorus: 83.12mg (8.31%), Iron: 1.19mg (6.63%), Vitamin B2: 0.1mg (6.11%), Calcium: 60.61mg (6.06%), Vitamin C: 4.09mg (4.96%), Vitamin B3: 0.99mg (4.93%), Folate: 19.14µg (4.78%), Zinc: 0.53mg (3.52%), Vitamin E: 0.44mg (2.95%), Vitamin K: 3.07µg (2.92%), Selenium: 1.76µg (2.52%)