



Mashed Sweet Potatoes with Moroccan Spices

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



198 kcal

SIDE DISH

Ingredients

- ☐ 6 medium sweet potatoes and into peeled cut into 1-inch pieces (3 lb)
- ☐ 1.5 cups yogurt plain fat free (from 3 containers, 6 oz each)
- ☐ 0.5 cup butter unsalted softened
- ☐ 4 tablespoons brown sugar packed
- ☐ 1 teaspoon sea salt
- ☐ 0.5 teaspoon chili powder
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon pepper black freshly ground

- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.1 teaspoon ground cloves
- ☐ 2 tablespoons chives fresh finely chopped

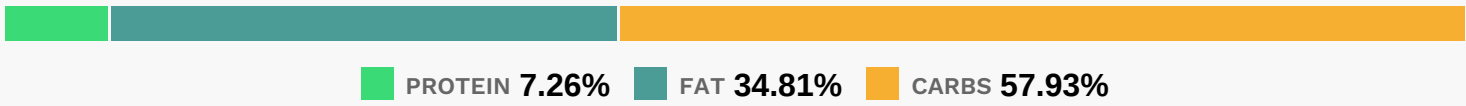
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Place sweet potatoes in 4-quart saucepan.
- ☐ Add water to cover.
- ☐ Heat to boiling. Reduce heat; boil gently (simmer) about 12 minutes or until tender.
- ☐ Drain; return potatoes to pan.
- ☐ Add 1 cup of the Greek yogurt, the butter, 3 tablespoons of the brown sugar, the salt and remaining spices. Mash with potato masher until smooth.
- ☐ In small bowl, mix remaining 1/2 cup Greek yogurt and remaining 1 tablespoon brown sugar until smooth.
- ☐ Serve potatoes warm, topped with sweetened yogurt and chives.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:11.23, Inflammation Score:-10, Nutrition Score:11.210434755553%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg,

Isorhamnetin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg
Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin:
0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 198.46kcal (9.92%), Fat: 7.81g (12.02%), Saturated Fat: 4.92g (30.75%), Carbohydrates: 29.25g (9.75%),
Net Carbohydrates: 25.75g (9.36%), Sugar: 10.98g (12.2%), Cholesterol: 20.95mg (6.98%), Sodium: 283.25mg
(12.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Vitamin A: 16317.33IU (326.35%),
Manganese: 0.33mg (16.71%), Fiber: 3.5g (14.01%), Potassium: 472.25mg (13.49%), Vitamin B6: 0.26mg (12.92%),
Vitamin B5: 1.12mg (11.2%), Phosphorus: 104.77mg (10.48%), Calcium: 102.88mg (10.29%), Copper: 0.18mg (9.1%),
Magnesium: 35.33mg (8.83%), Vitamin B2: 0.15mg (8.56%), Vitamin B1: 0.1mg (6.97%), Iron: 0.82mg (4.53%), Zinc:
0.66mg (4.39%), Folate: 17.03µg (4.26%), Vitamin C: 3.29mg (3.98%), Vitamin K: 4.04µg (3.84%), Vitamin E: 0.55mg
(3.68%), Vitamin B3: 0.69mg (3.46%), Vitamin B12: 0.2µg (3.38%), Selenium: 1.97µg (2.81%)