



Mashed Sweet Potatoes with Orange Essence

 Vegetarian  Gluten Free

READY IN



28 min.

SERVINGS



4

CALORIES



238 kcal

SIDE DISH

Ingredients

- 0.3 cup buttermilk warmed
- 0.3 teaspoon ground nutmeg
- 0.3 cup orange juice
- 2 teaspoons orange zest
- 0.5 teaspoon salt
- 32 ounces sweet potatoes peeled cut into a large dice
- 1 tablespoon butter unsalted

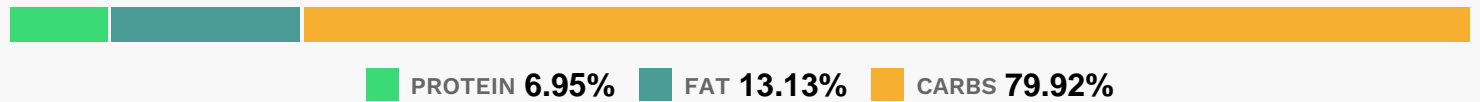
Equipment

- bowl
- frying pan
- steamer basket

Directions

- Watch how to make this recipe.
- Steam the potatoes in a large covered pan fitted with a steamer basket until they are tender, about 8 minutes.
- In a large bowl mash the potatoes with the buttermilk and orange juice. Stir in the zest, salt, and nutmeg.
- Serve the potatoes topped with the butter, if desired.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:23.59, Inflammation Score:-10, Nutrition Score:15.720869535985%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg 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: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 238.04kcal (11.9%), Fat: 3.53g (5.43%), Saturated Fat: 2.16g (13.5%), Carbohydrates: 48.29g (16.1%), Net Carbohydrates: 41.32g (15.03%), Sugar: 11.55g (12.84%), Cholesterol: 9.18mg (3.06%), Sodium: 431.76mg (18.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.41%), Vitamin A: 32323.12IU (646.46%), Manganese: 0.59mg (29.62%), Fiber: 6.97g (27.87%), Vitamin B6: 0.49mg (24.38%), Potassium: 819.01mg (23.4%), Vitamin B5: 1.91mg (19.1%), Copper: 0.36mg (17.8%), Vitamin C: 14.56mg (17.64%), Magnesium: 60.43mg (15.11%), Vitamin B1: 0.2mg (13.31%), Phosphorus: 123.3mg (12.33%), Vitamin B2: 0.17mg (10.06%), Calcium: 89.85mg (8.99%), Iron: 1.43mg (7.97%), Folate: 30.85µg (7.71%), Vitamin B3: 1.35mg (6.75%), Zinc: 0.75mg (5.03%), Vitamin E: 0.69mg (4.6%), Vitamin K: 4.39µg (4.18%), Selenium: 1.98µg (2.83%), Vitamin D: 0.25µg (1.65%), Vitamin B12: 0.07µg (1.25%)