



WHATSheATE



Mashed Sweet Potatoes with Pear, Sage and Browned Butter



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



247 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 tablespoons sage fresh chopped
- ☐ 15.3 ounce lite pears drained sliced chopped del monte® canned
- ☐ 8 servings salt and pepper black
- ☐ 3 pounds sweet potatoes

Equipment

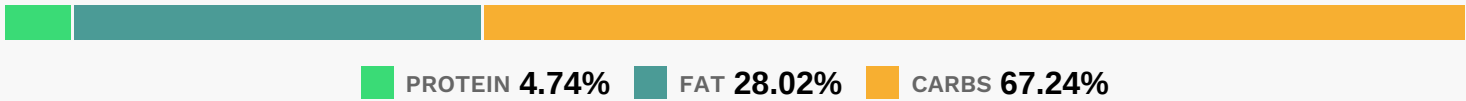
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 425 degrees F. Scrub sweet potatoes thoroughly and prick with a fork.
- ☐ Bake for 40 to 60 minutes or until tender.
- ☐ Meanwhile, for browned butter, melt butter over medium-low heat in a large saucepan. Cook, swirling pan occasionally, for 10 to 12 minutes or until lightly browned and fragrant.
- ☐ Remove pan from heat.
- ☐ Carefully halve potatoes and scoop out pulp. Mash to desired consistency in a large mixing bowl. Stir mashed potatoes, canned pears and sage into the browned butter in saucepan. Cook and stir until heated through. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:18.09, Glycemic Load:19.3, Inflammation Score:-10, Nutrition Score:17.242173978816%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 2.03mg, Epicatechin: 2.03mg, Epicatechin: 2.03mg, Epicatechin: 2.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg 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: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 247.08kcal (12.35%), Fat: 7.91g (12.16%), Saturated Fat: 4.95g (30.91%), Carbohydrates: 42.7g (14.23%), Net Carbohydrates: 35.81g (13.02%), Sugar: 12.38g (13.76%), Cholesterol: 20.34mg (6.78%), Sodium: 348.77mg

(15.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Vitamin A: 24381.56IU (487.63%), Copper: 4.85mg (242.41%), Manganese: 0.61mg (30.73%), Fiber: 6.89g (27.54%), Vitamin B6: 0.37mg (18.57%), Potassium: 644.62mg (18.42%), Vitamin B5: 1.4mg (13.98%), Magnesium: 49.05mg (12.26%), Vitamin B1: 0.14mg (9.6%), Phosphorus: 89.26mg (8.93%), Vitamin C: 6.41mg (7.76%), Iron: 1.31mg (7.26%), Vitamin B2: 0.12mg (7.23%), Calcium: 68.12mg (6.81%), Vitamin K: 6.1µg (5.81%), Folate: 22.78µg (5.69%), Vitamin B3: 1.04mg (5.19%), Vitamin E: 0.73mg (4.84%), Zinc: 0.6mg (4.01%), Selenium: 1.17µg (1.67%)