



Mashed Sweet Potatoes with Pecan Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



338 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter softened
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 6 tablespoons brown sugar light divided
- ☐ 0.8 cup milk 1% low-fat
- ☐ 3 tablespoons pecans toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 3 pounds sweet potatoes
- ☐ 2 tablespoons water

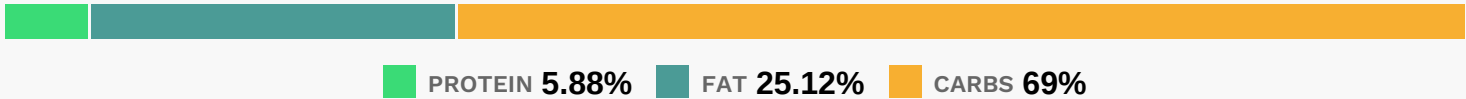
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ potato masher
- ☐ microwave

Directions

- ☐ Place potatoes and water in a medium bowl; cover bowl with plastic wrap. Microwave at HIGH 10 minutes or until tender; let cool slightly. Scoop out pulp, discarding skins.
- ☐ Combine sweet potato, milk, 3 tablespoons brown sugar, and salt in a medium bowl; mash with a potato masher to desired consistency.
- ☐ Combine remaining 3 tablespoons brown sugar, butter, pecans, and cinnamon in a small bowl.
- ☐ Sprinkle butter mixture evenly over potato mixture.
- ☐ Serve a spoonful of the potatoes on a plate or in a small bowl with a spoon. Omit the pecan-butter mixture, if desired.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:22.55, Inflammation Score:-10, Nutrition Score:16.860434687656%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg 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: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 338.48kcal (16.92%), Fat: 9.67g (14.88%), Saturated Fat: 4.12g (25.72%), Carbohydrates: 59.77g (19.92%), Net Carbohydrates: 52.4g (19.05%), Sugar: 22.79g (25.32%), Cholesterol: 16.52mg (5.51%), Sodium: 378.67mg (16.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.19%), Vitamin A: 32411.62IU (648.23%), Manganese: 0.85mg (42.42%), Fiber: 7.37g (29.49%), Vitamin B6: 0.51mg (25.38%), Potassium: 850.11mg (24.29%), Copper: 0.41mg (20.5%), Vitamin B5: 1.99mg (19.88%), Magnesium: 67.66mg (16.92%), Phosphorus: 153.1mg (15.31%), Vitamin B1: 0.23mg (15.14%), Calcium: 122.29mg (12.23%), Vitamin B2: 0.19mg (11.09%), Iron: 1.61mg (8.96%), Zinc: 1.05mg (6.98%), Vitamin B3: 1.37mg (6.87%), Folate: 26.98µg (6.74%), Vitamin C: 5.5mg (6.67%), Vitamin E: 0.83mg (5.55%), Vitamin K: 4.83µg (4.6%), Selenium: 2.39µg (3.41%), Vitamin B12: 0.19µg (3.2%), Vitamin D: 0.32µg (2.16%)