



## Mashed Sweet Potatoes with Pecan Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



335 kcal

SIDE DISH

### Ingredients

- ☐ 2 tablespoons brown sugar divided
- ☐ 1 tablespoon butter softened
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 3 tablespoons milk 1% low-fat
- ☐ 1 tablespoon pecans toasted chopped
- ☐ 0.1 teaspoon salt
- ☐ 1 pound sweet potatoes

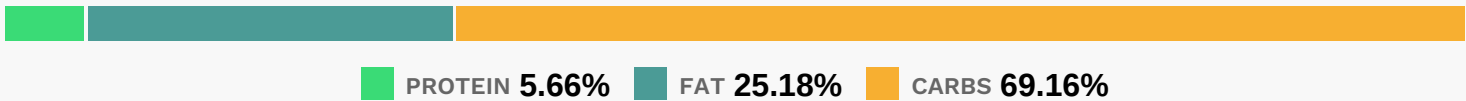
### Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ microwave

## Directions

- ☐ Pierce potatoes with a fork; arrange on paper towels in microwave oven. Microwave potatoes at HIGH for 10 minutes, rearranging the potatoes after 5 minutes. Wrap potatoes in a towel; let stand for 5 minutes. Scoop out pulp; discard skins.
- ☐ Combine pulp, milk, 1 tablespoon brown sugar, and salt in a medium bowl; mash.
- ☐ Combine 1 tablespoon brown sugar, softened butter, pecans, and cinnamon in a small bowl. Top each serving with pecan mixture.

## Nutrition Facts



## Properties

Glycemic Index:61.5, Glycemic Load:22.55, Inflammation Score:-10, Nutrition Score:16.606521704923%

## 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: 335.37kcal (16.77%), Fat: 9.61g (14.78%), Saturated Fat: 4.08g (25.48%), Carbohydrates: 59.37g (19.79%), Net Carbohydrates: 52.02g (18.92%), Sugar: 22.44g (24.93%), Cholesterol: 16.17mg (5.39%), Sodium: 327.24mg (14.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Vitamin A: 32397.77IU (647.96%), Manganese: 0.84mg (42.03%), Fiber: 7.35g (29.4%), Vitamin B6: 0.5mg (25.17%), Potassium: 838.79mg (23.97%), Copper: 0.41mg (20.44%), Vitamin B5: 1.96mg (19.63%), Magnesium: 66.75mg (16.69%), Vitamin B1: 0.22mg

(14.87%), Phosphorus: 145.86mg (14.59%), Calcium: 112.87mg (11.29%), Vitamin B2: 0.18mg (10.52%), Iron: 1.61mg (8.93%), Vitamin B3: 1.37mg (6.82%), Zinc: 1.02mg (6.77%), Folate: 26.84µg (6.71%), Vitamin C: 5.5mg (6.67%), Vitamin E: 0.83mg (5.53%), Vitamin K: 4.81µg (4.58%), Selenium: 2.24µg (3.2%), Vitamin B12: 0.15µg (2.49%), Vitamin D: 0.25µg (1.65%)