



Mashed Sweet Potatoes with Pineapple



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



222 kcal

SIDE DISH

Ingredients

- ☐ 1 cup carrots shredded
- ☐ 0.1 teaspoon ground ginger
- ☐ 1 cup orange juice fresh (2 oranges)
- ☐ 15.3 ounce pineapple rings crushed drained canned
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons stick margarine
- ☐ 3.5 pounds sweet potatoes and into

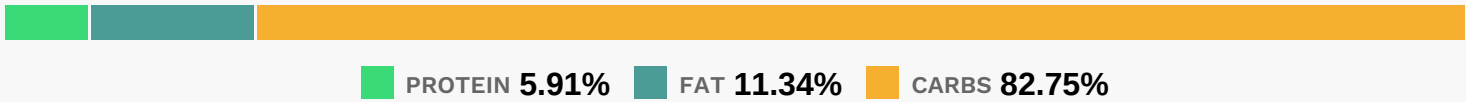
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ colander

Directions

- ☐ Preheat oven to 35
- ☐ Place the sweet potatoes on a baking sheet.
- ☐ Bake at 350 for 1 hour and 25 minutes or until potatoes are tender. Cool slightly; peel.
- ☐ Combine carrot, orange juice, and ginger in a small saucepan. Bring to a boil; reduce heat, and simmer for 15 minutes.
- ☐ Drain the carrot mixture in a colander over a bowl, reserving 3/4 cup cooking liquid.
- ☐ Combine potato and carrot mixture, and mash. Stir in 3/4 cup cooking liquid, butter, salt, and pineapple.

Nutrition Facts



Properties

Glycemic Index:17.43, Glycemic Load:19.43, Inflammation Score:-10, Nutrition Score:15.001739187895%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg 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: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 222.47kcal (11.12%), Fat: 2.88g (4.43%), Saturated Fat: 0.6g (3.73%), Carbohydrates: 47.24g (15.75%), Net Carbohydrates: 40.87g (14.86%), Sugar: 17.21g (19.13%), Cholesterol: 0mg (0%), Sodium: 267.77mg (11.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Vitamin A: 27598.09IU (551.96%), Vitamin C: 23.37mg

(28.33%), Fiber: 6.37g (25.49%), Manganese: 0.49mg (24.44%), Vitamin B6: 0.44mg (21.79%), Potassium: 756.42mg (21.61%), Copper: 0.34mg (16.83%), Vitamin B5: 1.51mg (15.05%), Vitamin B1: 0.22mg (14.74%), Magnesium: 56.2mg (14.05%), Phosphorus: 96.73mg (9.67%), Folate: 32.81µg (8.2%), Vitamin B2: 0.14mg (7.97%), Iron: 1.31mg (7.31%), Calcium: 69.43mg (6.94%), Vitamin B3: 1.37mg (6.86%), Vitamin K: 5.42µg (5.16%), Vitamin E: 0.68mg (4.5%), Zinc: 0.63mg (4.18%), Selenium: 1.31µg (1.87%)