



Mojito Mashed Sweet Potatoes



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



226 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 juice of lime juiced
- ☐ 1 Handful mint leaves chopped
- ☐ 4 servings salt
- ☐ 2 shots spiced rum
- ☐ 2 tablespoons sugar
- ☐ 2 sweet potatoes peeled sliced

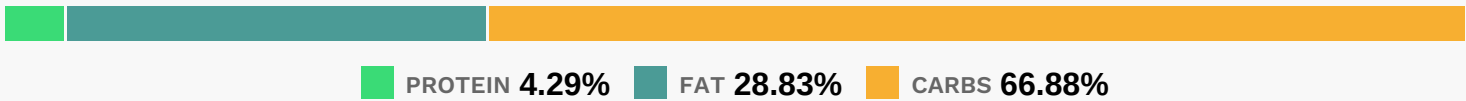
Equipment

☐ pot

Directions

- ☐ Place potatoes in a small pot and cover with water. Bring the water to a boil and salt it. Cook potatoes until tender 15 minutes.
- ☐ Drain the potatoes and return to hot pot and mash with butter, sugar, rum, lime and mint. Season the Mojito Mash with salt, to taste.

Nutrition Facts



Properties

Glycemic Index:48.27, Glycemic Load:15.41, Inflammation Score:-10, Nutrition Score:10.02260867733%

Flavonoids

Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 226.16kcal (11.31%), Fat: 5.77g (8.88%), Saturated Fat: 3.62g (22.64%), Carbohydrates: 30.13g (10.04%), Net Carbohydrates: 26.6g (9.67%), Sugar: 10.97g (12.19%), Cholesterol: 15.05mg (5.02%), Sodium: 301.84mg (13.12%), Alcohol: 7.41g (100%), Alcohol %: 5.7% (100%), Protein: 1.93g (3.87%), Vitamin A: 16256.22IU (325.12%), Manganese: 0.31mg (15.54%), Fiber: 3.53g (14.12%), Vitamin B6: 0.24mg (12.18%), Potassium: 406.33mg (11.61%), Vitamin B5: 0.93mg (9.34%), Copper: 0.18mg (9.16%), Vitamin C: 7.53mg (9.13%), Magnesium: 30.4mg (7.6%), Vitamin B1: 0.09mg (6.29%), Phosphorus: 58.51mg (5.85%), Vitamin B2: 0.08mg (4.6%), Iron: 0.77mg (4.27%), Calcium: 40.29mg (4.03%), Folate: 15.28µg (3.82%), Vitamin B3: 0.67mg (3.37%), Vitamin E: 0.49mg (3.26%), Zinc: 0.38mg (2.52%), Vitamin K: 2.61µg (2.49%), Selenium: 0.8µg (1.14%)