



Orange-Bourbon Mashed Sweet Potatoes

 Vegetarian

READY IN



50 min.

SERVINGS



12

CALORIES



175 kcal

SIDE DISH

Ingredients

- 2 Tbsp bourbon
- 2 Tbsp brown sugar
- 2 Tbsp butter
- 8 oz philadelphia cream cheese spread
- 0.3 cup parsley fresh chopped
- 1 tsp orange zest
- 3 lb sweet potatoes (6 large)

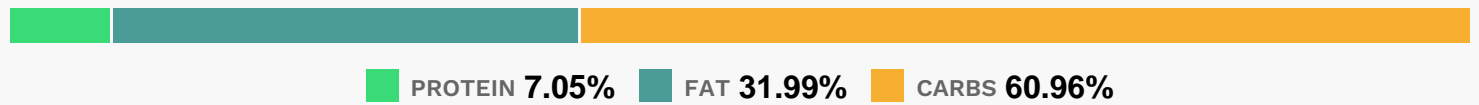
Equipment

bowl

Directions

- Cook potatoes in boiling water 30 min. or until tender; drain. Carefully peel potatoes while still hot.
- Place potatoes in large bowl.
- Add cream cheese spread, butter, brown sugar and bourbon; mash until smooth.
- Stir in parsley and zest.

Nutrition Facts



Properties

Glycemic Index:12.92, Glycemic Load:11.27, Inflammation Score:-10, Nutrition Score:10.574782633587%

Flavonoids

Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 175.35kcal (8.77%), Fat: 6.08g (9.36%), Saturated Fat: 3.87g (24.2%), Carbohydrates: 26.07g (8.69%), Net Carbohydrates: 22.61g (8.22%), Sugar: 7.28g (8.09%), Cholesterol: 16.81mg (5.6%), Sodium: 166.57mg (7.24%), Alcohol: 0.83g (100%), Alcohol %: 0.75% (100%), Protein: 3.01g (6.03%), Vitamin A: 16432.48IU (328.65%), Vitamin K: 22.71µg (21.63%), Manganese: 0.3mg (14.81%), Fiber: 3.46g (13.84%), Vitamin B6: 0.24mg (11.97%), Potassium: 392.71mg (11.22%), Vitamin B5: 0.92mg (9.18%), Copper: 0.17mg (8.74%), Magnesium: 29.24mg (7.31%), Calcium: 60.92mg (6.09%), Vitamin B1: 0.09mg (6%), Vitamin C: 4.61mg (5.59%), Phosphorus: 54.81mg (5.48%), Iron: 0.79mg (4.37%), Vitamin B2: 0.07mg (4.2%), Folate: 14.51µg (3.63%), Vitamin B3: 0.65mg (3.27%), Vitamin E: 0.36mg (2.4%), Zinc: 0.36mg (2.38%), Selenium: 0.73µg (1.04%)