



Orange-Spice Mashed Sweet Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



201 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup orange juice
- ☐ 1 teaspoon orange rind grated
- ☐ 0.5 cup pecans chopped
- ☐ 3 pounds sweet potatoes

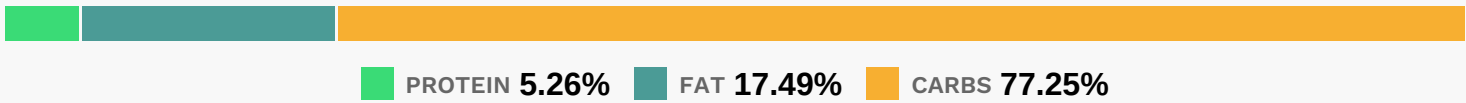
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Bake potatoes at 400 for 1 hour or until tender; peel. Reduce oven temperature to 35
- ☐ Beat potatoes, orange juice, nutmeg, and ginger in a large mixing bowl at medium speed with an electric mixer until smooth. Spoon mixture into a 13- x 9-inch baking dish coated with cooking spray.
- ☐ Combine chopped pecans and next 3 ingredients; sprinkle evenly over potato mixture.
- ☐ Bake at 350 for 20 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:13.99, Inflammation Score:-10, Nutrition Score:12.343478275382%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 201.32kcal (10.07%), Fat: 4.03g (6.2%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 40.06g (13.35%), Net Carbohydrates: 35.29g (12.83%), Sugar: 17.29g (19.21%), Cholesterol: 0mg (0%), Sodium: 78.05mg (3.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.45%), Vitamin A: 19326.43IU (386.53%), Manganese: 0.66mg (32.88%), Fiber: 4.77g (19.07%), Vitamin B6: 0.3mg (15.24%), Potassium: 514.21mg (14.69%), Copper: 0.28mg (14.07%), Vitamin B5: 1.17mg (11.68%), Magnesium: 42.88mg (10.72%), Vitamin B1: 0.15mg (10%), Vitamin C: 7.74mg (9.38%), Phosphorus: 81.26mg (8.13%), Iron: 1.09mg (6.07%), Calcium: 57.15mg (5.72%), Vitamin B2: 0.09mg (5.47%), Folate: 18.87µg (4.72%), Zinc: 0.67mg (4.46%), Vitamin B3: 0.88mg (4.38%), Vitamin E: 0.44mg (2.92%), Vitamin K: 2.71µg (2.58%), Selenium: 1.2µg (1.72%)