




Paprika and Orange Scented Mashed Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



256 kcal

SIDE DISH

Ingredients

- 8 servings pepper black freshly ground
- 2 juice of blood orange juiced
- 0.5 stick butter
- 1 cup chicken stock see
- 3 tablespoons thyme leaves fresh finely chopped
- 0.5 teaspoon ground cinnamon
- 8 servings salt

- 1.5 tablespoons paprika smoked sweet
- 3.5 pounds sweet potatoes (4 large)

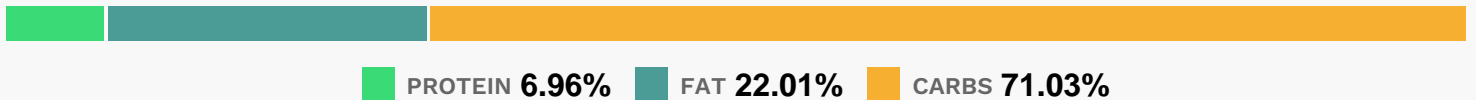
Equipment

- frying pan
- pot

Directions

- Peel and coarsely chop the sweet potatoes. Cover with water and bring to a boil in a large pot. Salt the water and cook the sweet potatoes until tender, 8 to 10 minutes.
- Drain and return the sweet potatoes to the hot pot. Mash the potatoes with the stock and butter.
- Add in the orange juice and 2 tablespoons of the orange zest. Then add in the thyme, paprika, cinnamon and some pepper. Taste and adjust the seasoning. Cover and remove from the heat and serve immediately. To keep warm, create a water bath by placing the pot of mashed potatoes in 1 inch gently simmering water in larger pot or deep skillet.

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:19.88, Inflammation Score:-10, Nutrition Score:17.095652091114%

Flavonoids

Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 256.16kcal (12.81%), Fat: 6.46g (9.93%), Saturated Fat: 3.81g (23.81%), Carbohydrates: 46.89g (15.63%), Net Carbohydrates: 39.25g (14.27%), Sugar: 11.89g (13.21%), Cholesterol: 16.08mg (5.36%), Sodium: 392.76mg (17.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.19%), Vitamin A: 29189.56IU (583.79%), Vitamin C: 29.73mg (36.03%), Manganese: 0.62mg (31.16%), Fiber: 7.64g (30.56%), Vitamin B6: 0.5mg (24.93%),

Potassium: 807.88mg (23.08%), Copper: 0.36mg (17.77%), Vitamin B5: 1.73mg (17.32%), Magnesium: 61.59mg (15.4%), Vitamin B1: 0.2mg (13.01%), Phosphorus: 118.26mg (11.83%), Iron: 2.08mg (11.54%), Vitamin B2: 0.2mg (11.5%), Vitamin B3: 1.91mg (9.57%), Folate: 37.29µg (9.32%), Calcium: 92.63mg (9.26%), Vitamin E: 1.13mg (7.51%), Zinc: 0.78mg (5.2%), Vitamin K: 5.38µg (5.13%), Selenium: 2.01µg (2.88%)