



Parmesan-Sage Mashed Sweet Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



249 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter softened
- ☐ 2 tablespoons milk fat-free
- ☐ 0.5 teaspoon sage fresh chopped
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.1 teaspoon salt
- ☐ 2 pounds sweet potatoes

Equipment

- ☐ bowl

- ☐ paper towels
- ☐ microwave

Directions

- ☐ Pierce each potato with a fork 3 to 4 times on each side. Wrap each potato in a damp paper towel. Microwave at HIGH 8 minutes, turning after 4 minutes. Cool slightly.
- ☐ Cut potatoes in half; scoop pulp into a bowl. Mash pulp.
- ☐ Stir butter, milk, sage, Parmesan cheese, and salt into potato pulp.

Nutrition Facts



Properties

Glycemic Index:35.31, Glycemic Load:22.64, Inflammation Score:-10, Nutrition Score:17.23217399224%

Flavonoids

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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 249.37kcal (12.47%), Fat: 4.72g (7.26%), Saturated Fat: 2.82g (17.62%), Carbohydrates: 46.82g (15.61%), Net Carbohydrates: 40g (14.54%), Sugar: 9.87g (10.96%), Cholesterol: 13.19mg (4.4%), Sodium: 332.38mg (14.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.42%), Vitamin A: 32332.4IU (646.65%), Copper: 1.1mg (55.15%), Manganese: 0.62mg (30.79%), Fiber: 6.82g (27.29%), Vitamin B6: 0.48mg (24.18%), Potassium: 790.25mg (22.58%), Vitamin B5: 1.87mg (18.65%), Phosphorus: 155.18mg (15.52%), Magnesium: 60.28mg (15.07%), Calcium: 135.71mg (13.57%), Vitamin B1: 0.18mg (12.25%), Vitamin B2: 0.17mg (10.07%), Iron: 1.44mg (8%), Zinc: 0.99mg (6.62%), Vitamin C: 5.44mg (6.6%), Vitamin B3: 1.28mg (6.39%), Folate: 25.58µg (6.39%), Selenium: 3.73µg (5.33%), Vitamin E: 0.7mg (4.68%), Vitamin K: 4.43µg (4.22%), Vitamin B12: 0.13µg (2.23%)