



Pureed Sweet Potatoes with Maple Syrup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



284 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon ground nutmeg
- 2 tablespoons maple syrup
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 4 pounds sweet potatoes peeled cut into 8 wedges
- 6 tablespoons butter unsalted room-temperature

Equipment

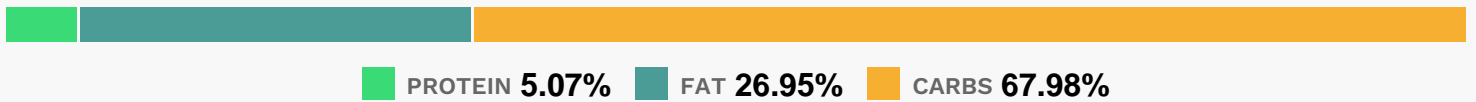
- food processor

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 400 F. Pierce each sweet potato several times with a fork.
- Place on a rimmed baking sheet, cover with foil, and roast until tender, about 1 hour.
- Remove from oven and let rest until cool enough to handle. Using your fingers, carefully peel the sweet potatoes and place in the bowl of a food processor.
- Add the butter, maple syrup, salt, pepper, and nutmeg. Puree until smooth.
- Transfer to a serving bowl.

Nutrition Facts



Properties

Glycemic Index:24.56, Glycemic Load:23.78, Inflammation Score:-10, Nutrition Score:15.136086995187%

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

Nutrients (% of daily need)

Calories: 284.47kcal (14.22%), Fat: 8.66g (13.32%), Saturated Fat: 5.45g (34.08%), Carbohydrates: 49.12g (16.37%), Net Carbohydrates: 42.27g (15.37%), Sugar: 12.5g (13.89%), Cholesterol: 22.58mg (7.53%), Sodium: 417.06mg (18.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.33%), Vitamin A: 32438.72IU (648.77%), Manganese: 0.72mg (35.95%), Fiber: 6.85g (27.39%), Vitamin B6: 0.47mg (23.74%), Potassium: 780.01mg (22.29%), Vitamin B5: 1.83mg (18.28%), Copper: 0.35mg (17.33%), Magnesium: 58.29mg (14.57%), Vitamin B2: 0.21mg (12.1%), Vitamin B1: 0.18mg (12.07%), Phosphorus: 109.44mg (10.94%), Iron: 1.41mg (7.82%), Calcium: 76.86mg (7.69%), Vitamin C: 5.45mg (6.6%), Vitamin B3: 1.27mg (6.37%), Folate: 25.33µg (6.33%), Vitamin E: 0.83mg (5.56%), Zinc: 0.73mg (4.86%), Vitamin K: 5.02µg (4.78%), Selenium: 1.47µg (2.11%), Vitamin D: 0.16µg (1.05%)