



Roasted and Smashed Sweet Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



297 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 0.3 cup butter cut into pieces
- ☐ 0.7 cup half-and-half
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.8 teaspoon salt
- ☐ 3 pounds sweet potatoes peeled cut into 1 1/2

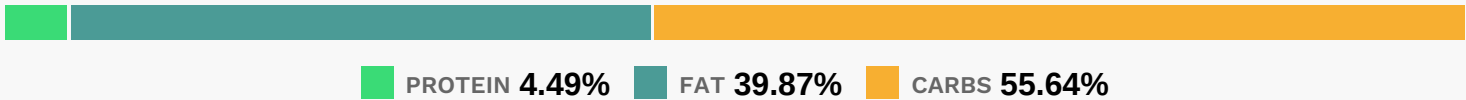
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ roasting pan
- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Place sweet potato chunks in a large greased roasting pan; drizzle with olive oil.
- ☐ Sprinkle with salt and pepper; toss well.
- ☐ Spread sweet potato chunks in a single layer. Roast at 400 for 30 to 40 minutes or until sweet potatoes are very tender and roasted in appearance, stirring occasionally.
- ☐ Transfer roasted sweet potatoes to a large bowl while still warm; add butter and mash with a potato masher.
- ☐ Add half-and-half and brown sugar; mash until fluffy.
- ☐ Serve warm.
- ☐ Transfer roasted sweet potatoes to a Dutch oven or large saucepan; add butter and mash. Cover and chill overnight. Before serving, let sweet potato mixtrue stand at room temprature about 30 minutes.
- ☐ Add half-and-half and brown sugar; cook over low heat until thoroughly heated, mashing until fluffy.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:16.91, Inflammation Score:-10, Nutrition Score:13.012608683628%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 296.55kcal (14.83%), Fat: 13.37g (20.57%), Saturated Fat: 3.36g (21%), Carbohydrates: 41.98g (13.99%), Net Carbohydrates: 36.84g (13.4%), Sugar: 14.61g (16.24%), Cholesterol: 7.06mg (2.35%), Sodium: 392.82mg (17.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.77%), Vitamin A: 24457.5IU (489.15%), Manganese: 0.46mg (23%), Fiber: 5.13g (20.54%), Vitamin B6: 0.37mg (18.47%), Potassium: 613.73mg (17.54%), Vitamin B5: 1.44mg (14.36%), Copper: 0.26mg (13.19%), Magnesium: 45.59mg (11.4%), Phosphorus: 101.21mg (10.12%), Vitamin E: 1.47mg (9.8%), Vitamin B1: 0.14mg (9.3%), Vitamin B2: 0.15mg (8.57%), Calcium: 81.18mg (8.12%), Vitamin K: 6.69µg (6.37%), Iron: 1.14mg (6.33%), Vitamin C: 4.28mg (5.19%), Vitamin B3: 0.98mg (4.9%), Folate: 19.48µg (4.87%), Zinc: 0.59mg (3.95%), Selenium: 1.76µg (2.51%)