



Scott's Sweet Potato and Butternut Squash Mashers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



143 kcal

SIDE DISH

Ingredients

- ☐ 1 butternut squash cubed peeled seeded
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.3 cup syrup sugar free maple flavored
- ☐ 3 sweet potatoes and into cubed peeled

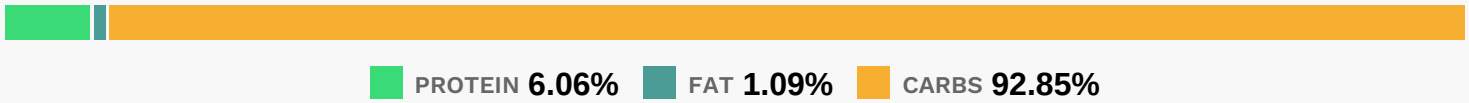
Equipment

- ☐ pot

Directions

- ☐ Place the sweet potatoes and butternut squash into a large pot and cover with water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- ☐ Drain and allow to steam dry for a minute or two.
- ☐ Mash the sweet potatoes and butternut squash, then add cinnamon, nutmeg, and syrup.
- ☐ Mix until smooth.

Nutrition Facts



Properties

Glycemic Index:21.19, Glycemic Load:10.92, Inflammation Score:-10, Nutrition Score:14.144782662392%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 143.21kcal (7.16%), Fat: 0.18g (0.28%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 34.95g (11.65%), Net Carbohydrates: 30.44g (11.07%), Sugar: 11.67g (12.97%), Cholesterol: 0mg (0%), Sodium: 51.3mg (2.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Vitamin A: 21989.61IU (439.79%), Manganese: 0.66mg (33.25%), Vitamin C: 21.73mg (26.34%), Potassium: 639.22mg (18.26%), Fiber: 4.51g (18.04%), Vitamin B6: 0.32mg (16.1%), Magnesium: 55.48mg (13.87%), Vitamin B2: 0.2mg (11.67%), Vitamin B1: 0.17mg (11.13%), Vitamin B5: 1.05mg (10.53%), Vitamin E: 1.57mg (10.49%), Copper: 0.2mg (9.86%), Folate: 34.74µg (8.68%), Calcium: 82.88mg (8.29%), Vitamin B3: 1.61mg (8.04%), Phosphorus: 71.12mg (7.11%), Iron: 1.2mg (6.66%), Zinc: 0.47mg (3.14%), Vitamin K: 2.6µg (2.47%), Selenium: 0.98µg (1.4%)