



## Seasoned Sweet Potato Puree

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



321 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon almond extract
- 2 tablespoons brown sugar
- 4 cups chicken stock see
- 3 tablespoons heavy cream
- 1 juice of lemon juiced
- 1 pinch nutmeg grated
- 1 tablespoon freshly cracked pepper black plus more for seasoning
- 2 tablespoons sea salt plus more for seasoning

3 sweet potatoes

## Equipment

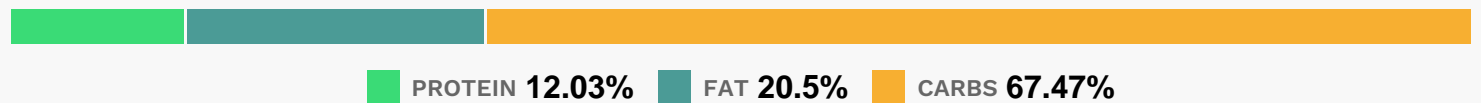
food processor

sauce pan

## Directions

- In a medium saucepan add chicken stock, brown sugar, 2 tablespoons sea salt, 1 tablespoon cracked black pepper, a pinch of nutmeg, and almond extract. Stir mixture and bring to a boil.
- Meanwhile, peel sweet potatoes and cut into medium-sized cubes.
- Add to the chicken stock and cook for 15 to 20 minutes until soft.
- Once potatoes are soft, place potatoes in a food processor. Reserve the liquid and set aside.
- Add heavy cream and lemon juice and blend until smooth. If too dry, add reserved potato liquid. Season with salt and pepper, to taste, and serve.

## Nutrition Facts



## Properties

Glycemic Index:41.25, Glycemic Load:17.16, Inflammation Score:-10, Nutrition Score:22.953913110754%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 320.98kcal (16.05%), Fat: 7.5g (11.54%), Saturated Fat: 3.59g (22.45%), Carbohydrates: 55.54g (18.51%), Net Carbohydrates: 46.86g (17.04%), Sugar: 17.66g (19.62%), Cholesterol: 19.91mg (6.64%), Sodium: 443.45mg (19.28%), Alcohol: 0.17g (100%), Alcohol %: 0.05% (100%), Protein: 9.9g (19.8%), Vitamin A: 24354.21IU (487.08%), Manganese: 1.01mg (50.54%), Vitamin K: 52.31µg (49.82%), Fiber: 8.68g (34.72%), Vitamin B6: 0.59mg (29.63%), Potassium: 964.31mg (27.55%), Vitamin B3: 5.12mg (25.61%), Iron: 4.47mg (24.85%), Copper: 0.46mg (23.02%),

Vitamin B2: 0.37mg (21.88%), Calcium: 196.14mg (19.61%), Magnesium: 76.8mg (19.2%), Phosphorus: 165.7mg (16.57%), Vitamin B1: 0.24mg (15.73%), Vitamin B5: 1.49mg (14.92%), Vitamin E: 1.99mg (13.29%), Folate: 50.62µg (12.66%), Selenium: 7.12µg (10.18%), Vitamin C: 7.7mg (9.33%), Zinc: 1.1mg (7.33%), Vitamin D: 0.18µg (1.2%)