



Smashed Sweet Potatoes

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



325 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup bourbon
- 0.8 cup brown sugar
- 0.3 cup butter
- 1 orange zest juiced
- 1 teaspoon pumpkin pie spice
- 3.5 pounds sweet potatoes

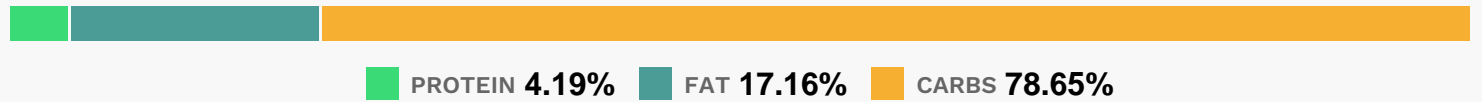
Equipment

- oven

Directions

- Boil sweet potatoes until tender.
- Peel and mash until more or less lumpless.
- Add brown sugar, orange juice and zest, bourbon, butter or margarine, and pumpkin pie spice.
- Mix well.
- Spread in shallow dish (10 inch deep dish pie plate works well).
- Bake 30 minutes in a 350 degree F (175 degrees C) oven. Top with marshmallows and broil very briefly.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:19.71, Inflammation Score:-10, Nutrition Score:13.82782609372%

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: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 325.31kcal (16.27%), Fat: 5.89g (9.06%), Saturated Fat: 3.7g (23.12%), Carbohydrates: 60.71g (20.24%), Net Carbohydrates: 54.56g (19.84%), Sugar: 28.33g (31.47%), Cholesterol: 15.25mg (5.08%), Sodium: 160.81mg (6.99%), Alcohol: 3.34g (100%), Alcohol %: 1.78% (100%), Protein: 3.24g (6.48%), Vitamin A: 28337.85IU (566.76%), Manganese: 0.57mg (28.33%), Fiber: 6.15g (24.6%), Vitamin B6: 0.43mg (21.36%), Potassium: 702.94mg (20.08%), Vitamin B5: 1.63mg (16.3%), Copper: 0.31mg (15.7%), Magnesium: 52.28mg (13.07%), Vitamin B1: 0.16mg (10.52%), Phosphorus: 96.81mg (9.68%), Vitamin C: 6.86mg (8.32%), Calcium: 82.48mg (8.25%), Iron: 1.42mg (7.91%), Vitamin B2: 0.13mg (7.39%), Vitamin B3: 1.15mg (5.76%), Folate: 22.76µg (5.69%), Vitamin E: 0.69mg (4.59%), Zinc: 0.62mg (4.14%), Vitamin K: 4.14µg (3.94%), Selenium: 1.55µg (2.21%)