



## Smoky Sweet Potato Mashed Potato Bake



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



279 kcal

SIDE DISH

### Ingredients

- ☐ 4 pounds baking potatoes
- ☐ 0.3 cup butter melted
- ☐ 1.3 cups buttermilk
- ☐ 1.5 tablespoons chipotles in adobo canned chopped
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons salt

☐ 1 cup sweet potatoes and into mashed

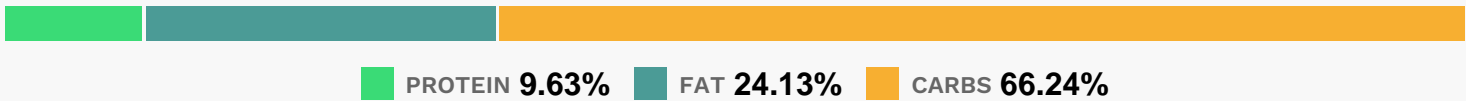
Equipment

- ☐ oven
- ☐ ramekin
- ☐ baking pan
- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Peel baking potatoes; cut into 2-inch pieces. Bring potatoes, 2 tsp. salt, and water to cover to a boil in a large Dutch oven over medium-high heat; boil 20 minutes or until tender.
- ☐ Drain. Return potatoes to Dutch oven, reduce heat to low, and cook, stirring occasionally, 3 to 5 minutes or until potatoes are dry.
- ☐ Mash potatoes with a potato masher to desired consistency. Stir in warm buttermilk, warm milk, melted butter, pepper, and 1 tsp. salt, stirring just until blended.
- ☐ Stir in sweet potatoes and chopped chipotle peppers, and spoon the mixture into a lightly greased 2 1/2-qt. baking dish or 8 (10-oz.) ramekins.
- ☐ Bake at 350 for 35 minutes.

Nutrition Facts



Properties

Glycemic Index:36.72, Glycemic Load:34.74, Inflammation Score:-9, Nutrition Score:14.312608438989%

Nutrients (% of daily need)

Calories: 278.92kcal (13.95%), Fat: 7.68g (11.81%), Saturated Fat: 4.71g (29.41%), Carbohydrates: 47.42g (15.81%), Net Carbohydrates: 43.66g (15.88%), Sugar: 4.86g (5.4%), Cholesterol: 21.21mg (7.07%), Sodium: 983.37mg (42.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.78%), Vitamin A: 2625.53IU (52.51%), Vitamin B6: 0.84mg (42.03%), Potassium: 1078.81mg (30.82%), Manganese: 0.42mg (20.96%), Phosphorus: 181.73mg (18.17%), Vitamin C: 13.33mg (16.15%), Magnesium: 62.28mg (15.57%), Vitamin B1: 0.23mg (15.04%), Fiber: 3.76g (15.04%),

Copper: 0.27mg (13.53%), Vitamin B3: 2.49mg (12.47%), Iron: 2.15mg (11.95%), Vitamin B5: 1.02mg (10.25%), Vitamin B2: 0.17mg (10.19%), Calcium: 99.15mg (9.91%), Folate: 35.69µg (8.92%), Zinc: 0.92mg (6.15%), Vitamin K: 5.24µg (4.99%), Vitamin B12: 0.27µg (4.45%), Vitamin D: 0.66µg (4.37%), Selenium: 2.76µg (3.95%), Vitamin E: 0.27mg (1.77%)