



Spicy Sweet Potato Spread



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



50 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.3 cup chicken broth canned
- ☐ 2 large garlic cloves minced
- ☐ 0.3 cup juice from 2 limes
- ☐ 0.7 cup olive oil
- ☐ 1 teaspoon pepper sauce red hot
- ☐ 0.5 teaspoon salt

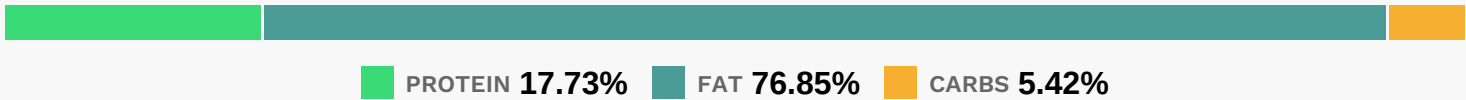
Equipment

- ☐ food processor
- ☐ bowl
- ☐ microwave
- ☐ oven mitt

Directions

- ☐ Cook the potatoes in the microwave on high power until soft, 10 to 12 minutes. Holding potatoes in an oven mitt, peel (or peel when cool enough to handle).
- ☐ Process the potatoes, garlic, pepper sauce, salt, cayenne, and lime juice in the workbowl of the food processor fitted with the metal blade until puréed. With the machine running, gradually add oil through the feeder tube. Continue to process, adding broth through the feeder tube until the mixture is light and silky.
- ☐ Transfer to a serving bowl.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:1.0243478218174%

Flavonoids

Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg 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: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 49.9kcal (2.49%), Fat: 4.31g (6.64%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 0.68g (0.23%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.07g (0.08%), Cholesterol: 4.27mg (1.42%), Sodium: 200.01mg (8.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Vitamin E: 0.57mg (3.81%), Selenium: 1.7µg (2.42%), Vitamin K: 2.46µg (2.34%), Vitamin C: 1.53mg (1.85%), Zinc: 0.23mg (1.52%), Phosphorus: 14.99mg (1.5%), Vitamin B6: 0.03mg (1.46%), Vitamin B12: 0.09µg (1.42%), Vitamin B3: 0.22mg (1.11%)