



Sweet Potato and Apple Puree



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



230 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon ground pepper
- ☐ 1.5 pounds apples i use 2 granny smith apples cored peeled cut into 1-inch cubes
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 0.3 cup olive oil
- ☐ 1 medium onion cut into 1/2-inch cubes
- ☐ 2.5 pounds cubes red-skinned sweet potato peeled cut into 1-inch cubes (yams)
- ☐ 1 teaspoon sea salt fine

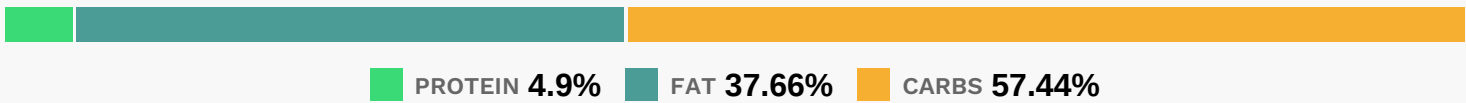
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ microwave
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350°F. Toss first 6 ingredients in large bowl.
- ☐ Transfer mixture to 13x9x2-inch glass baking dish. Cover with foil; bake until vegetables are almost soft, about 40 minutes.
- ☐ Mix in apples. Cover and bake until sweet potatoes and apples are very tender, about 30 minutes longer. Cool slightly.
- ☐ Transfer mixture to processor and puree until smooth.
- ☐ Transfer to microwave-safe bowl. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Stir cream into sweet potato-apple puree. Microwave on high until heated through, about 4 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:12.3, Glycemic Load:2.73, Inflammation Score:-10, Nutrition Score:14.229999936145%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-

gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 230.44kcal (11.52%), Fat: 10g (15.39%), Saturated Fat: 3.55g (22.17%), Carbohydrates: 34.33g (11.44%), Net Carbohydrates: 28.73g (10.45%), Sugar: 15.24g (16.94%), Cholesterol: 13.45mg (4.48%), Sodium: 277.85mg (12.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Vitamin A: 22026.09IU (440.52%), Vitamin C: 26.28mg (31.85%), Manganese: 0.62mg (30.8%), Fiber: 5.6g (22.4%), Vitamin B6: 0.37mg (18.55%), Potassium: 641.25mg (18.32%), Vitamin E: 1.83mg (12.22%), Vitamin B5: 1.09mg (10.89%), Copper: 0.21mg (10.41%), Vitamin B2: 0.16mg (9.64%), Vitamin B1: 0.14mg (9.37%), Magnesium: 36.21mg (9.05%), Vitamin B3: 1.77mg (8.87%), Phosphorus: 79.12mg (7.91%), Vitamin K: 7.98µg (7.6%), Calcium: 58.27mg (5.83%), Iron: 0.94mg (5.25%), Zinc: 0.44mg (2.94%), Folate: 11.48µg (2.87%), Vitamin D: 0.19µg (1.27%)