



# Sweet Potato and Hazelnut Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



376 kcal

SIDE DISH

## Ingredients

- 0.3 cup apple cider
- 0.3 cup ground hazelnuts toasted
- 0.5 cup cup heavy whipping cream
- 4 servings salt and pepper to taste
- 0.3 cup cream sour
- 2 pounds sweet potatoes and into cubed peeled

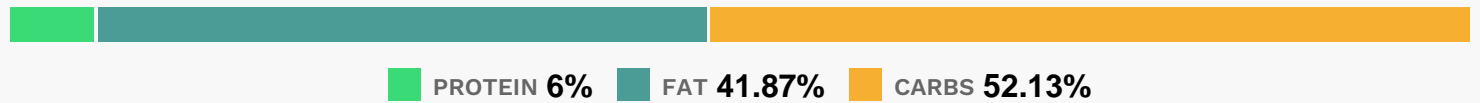
## Equipment

- pot

## Directions

- Place the sweet potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- Drain and allow to steam dry for a minute or two.
- Mash the potatoes until smooth, then stir in the hazelnuts, heavy cream, sour cream, and apple cider. Season to taste with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:24.69, Glycemic Load:23.19, Inflammation Score:-10, Nutrition Score:15.949999923291%

## Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 375.96kcal (18.8%), Fat: 17.87g (27.49%), Saturated Fat: 8.59g (53.66%), Carbohydrates: 50.05g (16.68%), Net Carbohydrates: 42.47g (15.44%), Sugar: 12.51g (13.89%), Cholesterol: 42.1mg (14.03%), Sodium: 331.61mg (14.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.52%), Vitamin A: 32702.6IU (654.05%), Fiber: 7.58g (30.3%), Manganese: 0.6mg (29.92%), Vitamin B6: 0.49mg (24.65%), Potassium: 825.47mg (23.58%), Vitamin B5: 1.95mg (19.46%), Copper: 0.35mg (17.51%), Magnesium: 60.96mg (15.24%), Phosphorus: 135.81mg (13.58%), Vitamin B2: 0.22mg (13%), Vitamin B1: 0.19mg (12.59%), Calcium: 113.29mg (11.33%), Iron: 1.8mg (9.97%), Vitamin C: 6.18mg (7.49%), Folate: 27µg (6.75%), Vitamin B3: 1.31mg (6.53%), Vitamin E: 0.92mg (6.13%), Zinc: 0.8mg (5.35%), Vitamin K: 5.25µg (5%), Selenium: 2.8µg (4%), Vitamin D: 0.48µg (3.17%), Vitamin B12: 0.08µg (1.3%)