



## Sweet potato & chipotle mash

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



129 kcal

SIDE DISH

### Ingredients

- ☐ 4 oz sweet potatoes and into
- ☐ 1 tbsp chipotle paste
- ☐ 125 ml cream
- ☐ 25 g butter

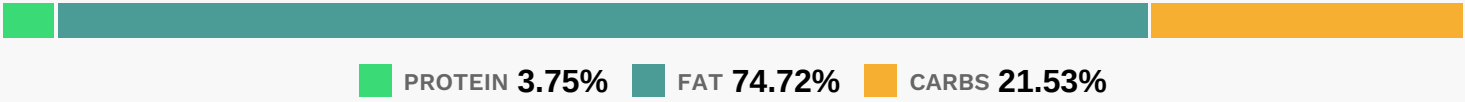
### Equipment

- ☐ bowl
- ☐ oven
- ☐ knife

# Directions

- ☐
- Heat oven to 200C/180C fan/gas
- ☐
- Put the potatoes in the oven and roast for 50 mins until tender when pierced with a knife. Peel off the skins, put the flesh in a bowl and mash until smooth.
- ☐
- Add the chipotle paste, soured cream and butter, and mix well. Season to taste.

# Nutrition Facts



# Properties

Glycemic Index:27, Glycemic Load:2.82, Inflammation Score:-10, Nutrition Score:5.9452173165653%

# Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

# Nutrients (% of daily need)

Calories: 129.35kcal (6.47%), Fat: 10.98g (16.89%), Saturated Fat: 6.29g (39.29%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 6.26g (2.28%), Sugar: 2.22g (2.47%), Cholesterol: 31.36mg (10.45%), Sodium: 65.24mg (2.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Vitamin A: 4367.4IU (87.35%), Vitamin B2: 0.07mg (4.14%), Calcium: 40.69mg (4.07%), Potassium: 135.01mg (3.86%), Manganese: 0.08mg (3.82%), Phosphorus: 37.91mg (3.79%), Vitamin B6: 0.07mg (3.59%), Fiber: 0.85g (3.4%), Vitamin B5: 0.34mg (3.36%), Magnesium: 10.25mg (2.56%), Copper: 0.05mg (2.41%), Vitamin E: 0.33mg (2.23%), Selenium: 1.36µg (1.94%), Vitamin B1: 0.03mg (1.9%), Vitamin K: 1.4µg (1.34%), Folate: 5.13µg (1.28%), Zinc: 0.19mg (1.27%), Vitamin B12: 0.07µg (1.24%), Vitamin C: 0.95mg (1.16%), Iron: 0.2mg (1.09%)