



Sweet potato, coconut & chilli mash



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



52 min.

SERVINGS



4

CALORIES



243 kcal

SIDE DISH

Ingredients

- ☐ 1 kg sweet potatoes and into (4)
- ☐ 2.5 tbsp half-fat coconut milk
- ☐ 1 chilli red halved sliced
- ☐ 1 lime zest
- ☐ 1 small pack of coriander roughly chopped

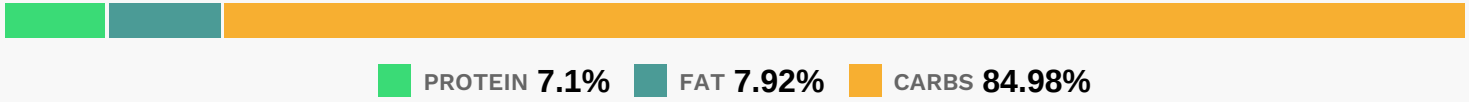
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Prick the potatoes in several places, pop on a tray and bake for 45–50 mins until soft.
- ☐ Cut the potatoes in half lengthways and scoop out the flesh. Tip into a bowl and mash well. Stir through the coconut milk, chilli, lime zest and juice, coriander and some seasoning.

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:25.86, Inflammation Score:-10, Nutrition Score:17.92304347909%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 243.11kcal (12.16%), Fat: 2.21g (3.4%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 53.33g (17.78%), Net Carbohydrates: 45.18g (16.43%), Sugar: 11.33g (12.59%), Cholesterol: 0mg (0%), Sodium: 140.3mg (6.1%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.45g (8.91%), Vitamin A: 35616.71IU (712.33%), Manganese: 0.74mg (37.08%), Vitamin C: 27.27mg (33.05%), Fiber: 8.15g (32.61%), Vitamin B6: 0.59mg (29.5%), Potassium: 919.04mg (26.26%), Copper: 0.42mg (21.25%), Vitamin B5: 2.08mg (20.76%), Magnesium: 70.54mg (17.63%), Vitamin B1: 0.21mg (14.03%), Phosphorus: 134.59mg (13.46%), Iron: 2.06mg (11.44%), Vitamin B2: 0.17mg (9.78%), Calcium: 84.13mg (8.41%), Folate: 33.05µg (8.26%), Vitamin B3: 1.63mg (8.16%), Vitamin K: 7.73µg (7.36%), Zinc: 0.85mg (5.68%), Vitamin E: 0.78mg (5.18%), Selenium: 1.63µg (2.33%)