



Sweet Potato Dip

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



18

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon butter melted
- 12 ounce fries pepperidge farm® baked naturals® (any variety)
- 0.5 teaspoon ground ginger
- 0.1 teaspoon nutmeg
- 1 dash pepper black
- 1 tablespoon juice of lemon
- 2 tablespoons maple syrup pure
- 4 tablespoons pecans toasted chopped

- 2 medium sweet potatoes and into

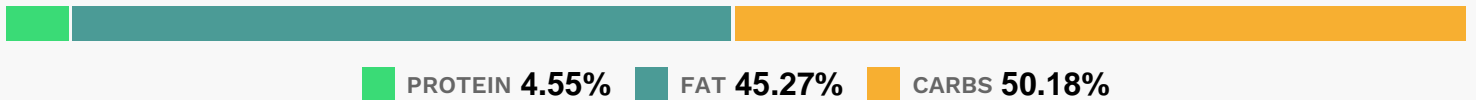
Equipment

- bowl
- sauce pan
- colander

Directions

- Place the potatoes into a 3-quart saucepan and add water to cover.
- Heat over medium-high heat to a boil. Reduce the heat to medium and cook for 15 minutes or until the potatoes are tender.
- Drain the potatoes well in a colander. Peel the potatoes. Return the potatoes to the saucepan. Mash the potatoes.
- Stir the potatoes, syrup, butter, lemon juice, ginger, nutmeg, black pepper and 3 tablespoons pecans in a medium bowl.
- Sprinkle with the remaining pecans.
- Serve with the cracker chips for dipping.

Nutrition Facts



Properties

Glycemic Index:17.82, Glycemic Load:6.17, Inflammation Score:-9, Nutrition Score:5.9830433838069%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:

0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 98.12kcal (4.91%), Fat: 5.08g (7.81%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 12.66g (4.22%), Net Carbohydrates: 10.83g (3.94%), Sugar: 2.5g (2.77%), Cholesterol: 1.67mg (0.56%), Sodium: 111.65mg (4.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Vitamin A: 3583.31IU (71.67%), Manganese: 0.28mg (13.93%), Fiber: 1.83g (7.33%), Potassium: 181.9mg (5.2%), Vitamin B6: 0.09mg (4.6%), Copper: 0.07mg (3.56%), Vitamin B1: 0.05mg (3.33%), Phosphorus: 32.9mg (3.29%), Magnesium: 13.05mg (3.26%), Vitamin B5: 0.32mg (3.24%), Vitamin B2: 0.05mg (3.11%), Vitamin B3: 0.6mg (2.99%), Iron: 0.47mg (2.63%), Vitamin C: 2.14mg (2.6%), Folate: 7.62µg (1.9%), Zinc: 0.26mg (1.72%), Calcium: 13.56mg (1.36%)