



Sweet Potato Mash with Mint



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



326 kcal

SIDE DISH

Ingredients



3 pounds sweet potatoes light yellow peeled cut into 2 inch chunks canned (boniato if you can get them)



0.3 cup olive oil extra virgin



0.5 cup water ()



0.3 cup onion minced



0.5 small garlic clove minced



0.3 cup mint leaves packed chopped (30-40 leaves)



2 tablespoons cilantro leaves packed minced



6 servings salt

- ☐ 6 servings sugar
- ☐ 0.3 teaspoon vanilla extract

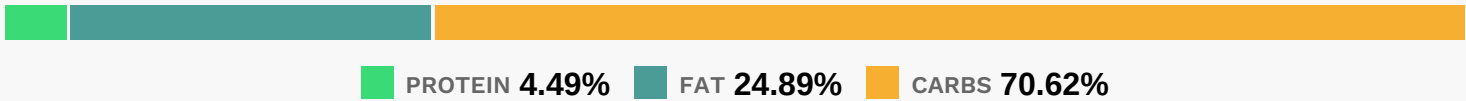
Equipment

- ☐ bowl
- ☐ roasting pan
- ☐ potato masher
- ☐ wooden spoon

Directions

- ☐ Roast the sweet potatoes: Rub olive oil all over the sweet potato pieces, sprinkle lightly with salt, and put them in a roasting pan, cook at 425°F for 40 minutes, until cooked through and lightly browned and a fork easily pierces through the pieces.
- ☐ Place cooked sweet potato pieces in a large bowl, add olive oil, mash with a potato masher until completely mashed. Slowly add water, stirring with a wooden spoon until the sweet potatoes reach desired consistency.
- ☐ Stir in the onions, garlic, mint, and cilantro. Stir in vanilla extract.
- ☐ Add more salt, and maybe a little sugar if you want, to taste.

Nutrition Facts



Properties

Glycemic Index:36.18, Glycemic Load:31.06, Inflammation Score:-10, Nutrition Score:15.479565205781%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 325.67kcal (16.28%), Fat: 9.18g (14.12%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 58.59g (19.53%), Net Carbohydrates: 51.52g (18.73%), Sugar: 21.76g (24.18%), Cholesterol: 0mg (0%), Sodium: 320.78mg (13.95%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 3.72g (7.45%), Vitamin A: 32264.38IU (645.29%), Manganese: 0.62mg (31.09%), Fiber: 7.08g (28.3%), Vitamin B6: 0.49mg (24.39%), Potassium: 787.02mg (22.49%), Vitamin B5: 1.83mg (18.31%), Copper: 0.36mg (17.83%), Magnesium: 59.19mg (14.8%), Vitamin E: 1.89mg (12.6%), Vitamin B1: 0.18mg (12.14%), Phosphorus: 110.35mg (11.04%), Vitamin K: 9.94µg (9.47%), Vitamin B2: 0.15mg (8.71%), Iron: 1.56mg (8.65%), Vitamin C: 6.65mg (8.06%), Calcium: 75.61mg (7.56%), Folate: 28.44µg (7.11%), Vitamin B3: 1.31mg (6.53%), Zinc: 0.72mg (4.8%), Selenium: 1.5µg (2.15%)