



WHATSheATE



Sweet potato & orange mash with sage butter drizzle



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



464 kcal

SIDE DISH

Ingredients

- ☐ 4 sweet potatoes and into cut into chunks
- ☐ 1 tsp olive oil
- ☐ 1 tbsp orange juice
- ☐ 1 pinch orange zest
- ☐ 1 tbsp butter
- ☐ 4 small sage (tear if large)

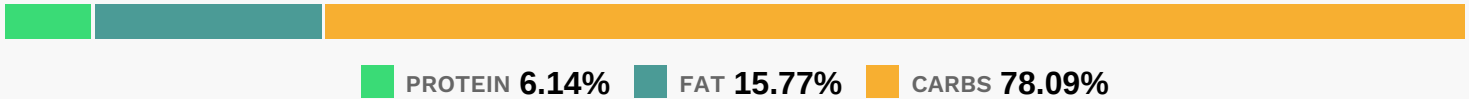
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Boil the potatoes for 10 mins or until tender.
- ☐ Drain and put back in the pan over a low heat for 30 secs to dry out. Mash with olive oil, orange juice, zest and seasoning, then spoon into a serving dish.
- ☐ In a small saucepan, melt the butter with the sage leaves. Cook until it begins to foam and bubble, and small brown spots appear in the butter.
- ☐ Pour over the mash and serve.

Nutrition Facts



Properties

Glycemic Index:80, Glycemic Load:45.33, Inflammation Score:-10, Nutrition Score:25.533912998827%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 463.95kcal (23.2%), Fat: 8.26g (12.7%), Saturated Fat: 4.05g (25.29%), Carbohydrates: 91.97g (30.66%), Net Carbohydrates: 78.33g (28.48%), Sugar: 19.61g (21.79%), Cholesterol: 15.27mg (5.09%), Sodium: 294.4mg (12.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.45%), Vitamin A: 64321.77IU (1286.44%), Manganese: 1.18mg (58.77%), Fiber: 13.64g (54.54%), Vitamin B6: 0.95mg (47.46%), Copper: 0.93mg (46.64%), Potassium: 1543.37mg (44.1%), Vitamin B5: 3.64mg (36.42%), Magnesium: 114.32mg (28.58%), Vitamin B1: 0.36mg (24.09%), Phosphorus: 215.72mg (21.57%), Vitamin C: 15.78mg (19.12%), Vitamin B2: 0.28mg (16.54%), Iron: 2.8mg (15.56%), Calcium: 139.6mg (13.96%), Folate: 52.63µg (13.16%), Vitamin B3: 2.56mg (12.8%), Vitamin E: 1.67mg (11.12%), Vitamin K: 10µg (9.52%), Zinc: 1.37mg (9.13%), Selenium: 2.8µg (4%)