

 45%
HEALTH SCORE

Sweet Potato Puree

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



220 kcal

SIDE DISH

Ingredients

- 3 large sweet potatoes and into peeled cut into 2-inch chunks
- 1 serving dave's vanilla and coffee syrup (optional, see below)
- 1 serving salt and pepper freshly ground

Equipment

- food processor
- sauce pan
- knife

Directions

- In a large saucepan, cover potatoes with water. Bring to a boil; cook until tender when pierced with the tip of a paring knife, 15 to 20 minutes.
- Drain; puree in food processor.
- Add flavorings, if desired; puree.
- Add 2 tablespoons each melted butter and maple syrup.
- Serve puree with more butter and syrup.
- Add 1/4 cup each milk and orange juice, 2 tablespoons melted butter, and 2 teaspoons minced fresh ginger.
- Add 1 tablespoon lime juice and a pinch of cayenne. Thin with a bit of cooking liquid, if needed.
- Season with salt and pepper; serve.

Nutrition Facts

 **PROTEIN 7.18%**  **FAT 0.51%**  **CARBS 92.31%**

Properties

Glycemic Index:39.5, Glycemic Load:25.49, Inflammation Score:-10, Nutrition Score:15.591739156972%

Flavonoids

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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 219.97kcal (11%), Fat: 0.13g (0.2%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 51.47g (17.16%), Net Carbohydrates: 43.82g (15.94%), Sugar: 10.78g (11.97%), Cholesterol: 0mg (0%), Sodium: 188.76mg (8.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8.01%), Vitamin A: 36176.85IU (723.54%), Manganese: 0.66mg (32.9%), Fiber: 7.65g (30.6%), Vitamin B6: 0.53mg (26.65%), Potassium: 859.43mg (24.56%), Vitamin B5: 2.04mg (20.4%), Copper: 0.39mg (19.26%), Magnesium: 63.76mg (15.94%), Vitamin B1: 0.2mg (13.26%), Phosphorus: 119.86mg (11.99%), Vitamin B2: 0.16mg (9.15%), Iron: 1.56mg (8.64%), Calcium: 76.54mg (7.65%), Vitamin C: 6.12mg (7.42%), Vitamin B3: 1.42mg (7.1%), Folate: 28.05µg (7.01%), Zinc: 0.77mg (5.1%), Vitamin E: 0.66mg (4.42%), Vitamin K: 4.59µg (4.37%), Selenium: 1.53µg (2.19%)