



WHATSheATE



Sweet Potato Puree with Maple



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



391 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup maple syrup
- ☐ 1 cup heavy whipping cream
- ☐ 5 pounds sweet potatoes, unpeeled
- ☐ 5 tablespoons butter, unsalted at room temperature

Equipment

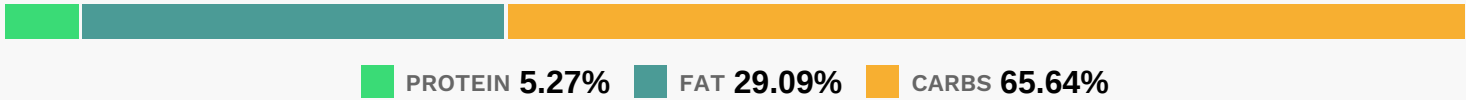
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven
- ☐ potato masher
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Heat oven to 375 F. Pierce the sweet potatoes several times with a fork and place on a foil-lined baking sheet.
- ☐ Bake until softened, 1 to 1 1/2 hours, depending on size; let cool. Slice each sweet potato in half lengthwise. Scoop the flesh into a saucepan and discard the skins.
- ☐ Add the maple syrup (to taste), butter, and sour cream. Using a wooden spoon or potato masher, mix until smooth. Season with the salt and nutmeg.
- ☐ Place over medium heat, stirring occasionally, until warmed through, about 5 minutes. Make Ahead: Assemble the puree the day before (but don't heat it). Allow an extra 5 minutes for warming.

Nutrition Facts



Properties

Glycemic Index:20.56, Glycemic Load:30.64, Inflammation Score:-10, Nutrition Score:18.77217394891%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 390.97kcal (19.55%), Fat: 12.84g (19.75%), Saturated Fat: 7.47g (46.66%), Carbohydrates: 65.19g (21.73%), Net Carbohydrates: 56.67g (20.61%), Sugar: 18.88g (20.98%), Cholesterol: 35.78mg (11.93%), Sodium: 312.06mg (13.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Vitamin A: 40617.31IU (812.35%), Manganese: 0.97mg (48.43%), Fiber: 8.52g (34.07%), Vitamin B6: 0.6mg (30.23%), Potassium: 1016.31mg (29.04%),

Vitamin B5: 2.37mg (23.74%), Copper: 0.44mg (21.77%), Vitamin B2: 0.35mg (20.71%), Magnesium: 76.16mg (19.04%), Phosphorus: 157.33mg (15.73%), Vitamin B1: 0.23mg (15.61%), Calcium: 127.36mg (12.74%), Iron: 1.77mg (9.81%), Vitamin C: 7.06mg (8.56%), Folate: 33.22µg (8.3%), Vitamin B3: 1.62mg (8.09%), Vitamin E: 1.05mg (7%), Zinc: 1.03mg (6.84%), Vitamin K: 6.15µg (5.85%), Selenium: 2.85µg (4.08%), Vitamin B12: 0.08µg (1.25%)