




Sweet-Potato Purée with Smoked Paprika


 Vegetarian  Gluten Free

READY IN




300 min.

SERVINGS



8

CALORIES



231 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon ground pepper to taste
- 0.3 cup cup heavy whipping cream
- 0.3 teaspoon salt to taste
- 0.3 teaspoon paprika smoked sweet hot
- 3 pounds sweet potatoes and into
- 0.3 cup butter unsalted softened cut into 1/2-inch cubes and

Equipment

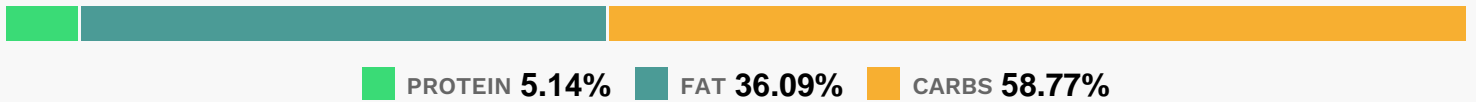
- food processor

- bowl
- sauce pan
- oven
- double boiler
- baking pan
- aluminum foil

Directions

- Put oven rack in middle position and preheat oven to 400°F.
- Prick each potato once with a fork, then bake potatoes in a foil-lined shallow baking pan until tender, about 1 hour. When cool enough to handle, peel, then cut away any eyes or dark spots. Purée potatoes with butter, cream, paprika, salt, and cayenne in a food processor until smooth.
- Purée can be made 1 day ahead and chilled in an airtight container. Reheat in a double boiler or a metal bowl set over a saucepan of simmering water, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:16.89, Inflammation Score:-10, Nutrition Score:12.323913044256%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 231.14kcal (11.56%), Fat: 9.43g (14.51%), Saturated Fat: 5.96g (37.24%), Carbohydrates: 34.56g (11.52%), Net Carbohydrates: 29.43g (10.7%), Sugar: 7.41g (8.24%), Cholesterol: 26.46mg (8.82%), Sodium: 169.73mg (7.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.05%), Vitamin A: 24498.52IU (489.97%), Manganese: 0.44mg (22.05%), Fiber: 5.13g (20.53%), Vitamin B6: 0.36mg (18.06%), Potassium: 586.42mg (16.75%), Vitamin B5: 1.4mg (13.95%), Copper: 0.26mg (12.98%), Magnesium: 43.52mg (10.88%), Vitamin B1: 0.14mg (9.02%), Phosphorus:

87.69mg (8.77%), Vitamin B2: 0.13mg (7.4%), Calcium: 59.51mg (5.95%), Iron: 1.07mg (5.92%), Vitamin C: 4.17mg (5.05%), Folate: 19.38µg (4.85%), Vitamin E: 0.73mg (4.84%), Vitamin B3: 0.97mg (4.83%), Vitamin K: 3.95µg (3.76%), Zinc: 0.54mg (3.63%), Selenium: 1.4µg (1.99%), Vitamin D: 0.27µg (1.77%)