



Sweet Potatoes with Blue Cheese and Pecans



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



215 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup candied pecans store-bought
- ☐ 0.4 cup cream cheese room temperature ()
- ☐ 10 servings pepper freshly ground
- ☐ 0.3 cup cheese blue
- ☐ 3 pounds sweet potatoes and into (6)
- ☐ 0.3 cup butter unsalted cut into 1" cubes, room temperature ()

Equipment

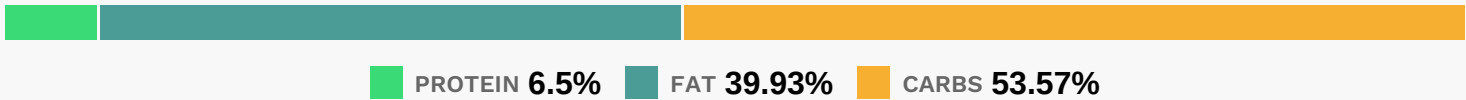
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 350°F. Roast sweet potatoes on a rimmed baking sheet until tender, about 1 hour.
- ☐ Let cool slightly.
- ☐ Remove skins and transfer sweet potatoes to a large heavy saucepan over low heat.
- ☐ Add cream cheese and butter. Mash until well blended and creamy. Season with salt and pepper. Stir over low heat until hot.
- ☐ Spoon into a warm serving dish and garnish with cheese and pecans.

Nutrition Facts



Properties

Glycemic Index:14.4, Glycemic Load:13.67, Inflammation Score:-10, Nutrition Score:11.20913047635%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 214.68kcal (10.73%), Fat: 9.67g (14.88%), Saturated Fat: 5.39g (33.7%), Carbohydrates: 29.2g (9.73%), Net Carbohydrates: 24.99g (9.09%), Sugar: 7.03g (7.81%), Cholesterol: 23.33mg (7.78%), Sodium: 152.03mg (6.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.08%), Vitamin A: 19587.79IU (391.76%), Manganese: 0.37mg (18.27%), Fiber: 4.21g (16.83%), Vitamin B6: 0.3mg (14.76%), Potassium: 481.15mg (13.75%), Vitamin B5: 1.2mg (12.03%), Copper: 0.21mg (10.53%), Magnesium: 35.85mg (8.96%), Phosphorus: 87.65mg (8.76%), Vitamin B1: 0.11mg (7.3%), Calcium: 70.67mg (7.07%), Vitamin B2: 0.12mg (6.92%), Iron: 0.9mg (4.98%), Folate: 17.14µg (4.28%), Vitamin B3: 0.8mg (4.02%), Vitamin C: 3.27mg (3.96%), Vitamin E: 0.57mg (3.79%), Zinc: 0.55mg (3.65%), Vitamin K: 3.27µg (3.11%), Selenium: 2.1µg (3%), Vitamin B12: 0.07µg (1.16%)