



Sweet Potatoes with Coconut-Ginger Topping



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



185 kcal

SIDE DISH

Ingredients

- ☐ 2 lb sweet potatoes and into peeled cut into 2-inch pieces
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 cup water
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon butter melted
- ☐ 0.5 cup coconut flakes flaked
- ☐ 1 tablespoon ginger grated
- ☐ 3 tablespoons butter softened

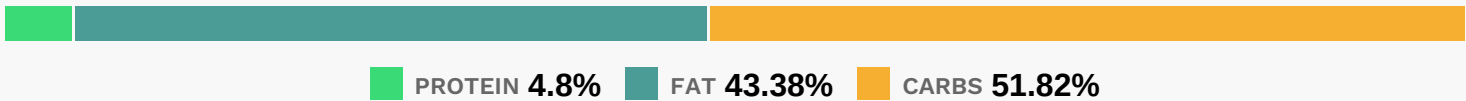
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ potato masher

Directions

- ☐ In 3-quart saucepan, place sweet potatoes, garlic, water and salt. Cover and heat to boiling; reduce heat to low. Simmer covered 15 to 20 minutes or until tender (do not drain).
- ☐ Heat oven to 350°F. In small bowl, mix 1 tablespoon melted butter, the coconut and gingerroot; spread on ungreased cookie sheet.
- ☐ Bake 6 to 8 minutes, stirring frequently, until golden brown.
- ☐ Mash potatoes, cooking liquid and 3 tablespoons butter with potato masher or electric mixer on low speed until no lumps remain. Spoon into ungreased casserole or serving dish.
- ☐ Sprinkle with coconut mixture.

Nutrition Facts



Properties

Glycemic Index:12.88, Glycemic Load:11.35, Inflammation Score:-10, Nutrition Score:10.540869624394%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg 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: 184.73kcal (9.24%), Fat: 9.13g (14.05%), Saturated Fat: 4.23g (26.45%), Carbohydrates: 24.54g (8.18%), Net Carbohydrates: 20.24g (7.36%), Sugar: 5.15g (5.73%), Cholesterol: 0mg (0%), Sodium: 276.67mg (12.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.54%), Vitamin A: 16338.25IU (326.76%), Manganese: 0.45mg (22.67%), Fiber: 4.3g (17.2%), Vitamin B6: 0.26mg (13.21%), Potassium: 420.61mg (12.02%), Copper: 0.22mg (11.01%), Vitamin B5: 0.96mg (9.62%), Magnesium: 34.06mg (8.51%), Phosphorus: 67.3mg (6.73%), Vitamin B1: 0.09mg (6.27%), Iron: 0.89mg (4.93%), Vitamin B2: 0.08mg (4.6%), Calcium: 39.53mg (3.95%), Vitamin C: 3.09mg (3.75%), Vitamin E: 0.54mg (3.59%), Vitamin B3: 0.68mg (3.39%), Folate: 13.14µg (3.29%), Zinc: 0.46mg (3.07%), Selenium: 1.78µg (2.54%), Vitamin K: 2.07µg (1.97%)