



Whipped Cardamom Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



586 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon ground cardamom
- 8 servings salt and pepper to taste
- 0.8 pound shallots thinly sliced
- 5 pounds sweet potatoes and into
- 0.5 cup butter unsalted softened
- 1 quart vegetable oil for frying

Equipment

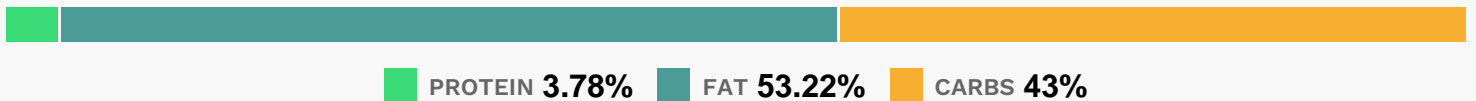
- frying pan

- paper towels
- oven
- mixing bowl
- slotted spoon

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Prick sweet potatoes with a fork.
- Bake for 1 hour or until tender; reduce oven temperature to 250 degrees F (120 degrees C).
- Scoop potato flesh out of skins and place into a mixing bowl. Slowly beat in the butter and cardamom. Whip until potatoes are smooth and fluffy; season with salt and white pepper. Keep warm in oven.
- In a large deep skillet, heat 1 inch of oil until shimmering.
- Add 1/2 of the shallots to oil and fry until crisp.
- Transfer the shallots, using a slotted spoon, to a paper towel; season with salt. Repeat the process until all the shallots are fried.
- Garnish top of potatoes with shallots.

Nutrition Facts



Properties

Glycemic Index:11.63, Glycemic Load:29.89, Inflammation Score:-10, Nutrition Score:21.701739125926%

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

Nutrients (% of daily need)

Calories: 585.68kcal (29.28%), Fat: 35.36g (54.4%), Saturated Fat: 10.96g (68.47%), Carbohydrates: 64.28g (21.43%), Net Carbohydrates: 54.38g (19.77%), Sugar: 15.21g (16.89%), Cholesterol: 30.5mg (10.17%), Sodium:

356.4mg (15.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.3%), Vitamin A: 40575.71IU (811.51%), Vitamin K: 49.94µg (47.57%), Manganese: 0.89mg (44.58%), Fiber: 9.9g (39.6%), Vitamin B6: 0.74mg (37%), Potassium: 1102.25mg (31.49%), Vitamin B5: 2.41mg (24.07%), Copper: 0.47mg (23.42%), Vitamin E: 3.02mg (20.12%), Magnesium: 80.38mg (20.09%), Vitamin B1: 0.25mg (16.51%), Phosphorus: 162.38mg (16.24%), Iron: 2.27mg (12.59%), Vitamin C: 10.23mg (12.4%), Folate: 46.07µg (11.52%), Vitamin B2: 0.19mg (10.97%), Calcium: 104.79mg (10.48%), Vitamin B3: 1.67mg (8.36%), Zinc: 1.04mg (6.95%), Selenium: 2.35µg (3.36%), Vitamin D: 0.21µg (1.42%)