



Whipped Maple Sweet Potatoes

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



256 kcal

SIDE DISH

Ingredients

- 3 lb sweet potatoes and into red
- 2 tablespoons maple syrup
- 2 tablespoons butter softened
- 0.5 teaspoon salt
- 1 serving ground cinnamon
- 1 serving maple syrup

Equipment

- frying pan

- oven
- knife
- hand mixer

Directions

- Heat oven to 350°F. Pierce sweet potatoes with fork.
- Place potatoes in square pan, 9x9x2 inches. Cover and bake about 1 hour 15 minutes or until potatoes can be easily pierced with a knife.
- Slip off skins. Beat potatoes with electric mixer on medium speed until no lumps remain.
- Add 2 tablespoons syrup, the butter, salt and desired amount of cinnamon. Continue beating until potatoes are light and fluffy.
- Drizzle with additional syrup.

Nutrition Facts

PROTEIN 5.56% **FAT 13.41%** **CARBS 81.03%**

Properties

Glycemic Index:22.67, Glycemic Load:24.98, Inflammation Score:-10, Nutrition Score:15.585217406568%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 256.42kcal (12.82%), Fat: 3.87g (5.96%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 52.68g (17.56%), Net Carbohydrates: 45.7g (16.62%), Sugar: 15.48g (17.2%), Cholesterol: 0mg (0%), Sodium: 363.47mg (15.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.23%), Vitamin A: 32343.48IU (646.87%), Manganese: 0.87mg (43.69%), Fiber: 6.98g (27.92%), Vitamin B6: 0.47mg (23.75%), Potassium: 790.24mg (22.58%), Vitamin B5: 1.82mg (18.19%), Copper: 0.34mg (17.19%), Vitamin B2: 0.27mg (15.72%), Magnesium: 59.14mg (14.79%), Vitamin B1: 0.18mg (12.27%), Phosphorus: 107.88mg (10.79%), Calcium: 83.8mg (8.38%), Iron: 1.42mg (7.91%), Vitamin C: 5.47mg (6.62%), Vitamin B3: 1.28mg (6.38%), Folate: 25.01µg (6.25%), Zinc: 0.76mg (5.05%), Vitamin E: 0.74mg (4.95%), Vitamin K: 4.19µg (3.99%), Selenium: 1.37µg (1.96%)