



WHATSheATE



Whipped Maple Sweet Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



264 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup maple syrup pure
- ☐ 8 servings pecans chopped
- ☐ 8 servings salt and pepper
- ☐ 3.5 pounds sweet potatoes peeled cut into 1/2-inch-thick slices
- ☐ 4 tablespoons butter unsalted at room temperature

Equipment

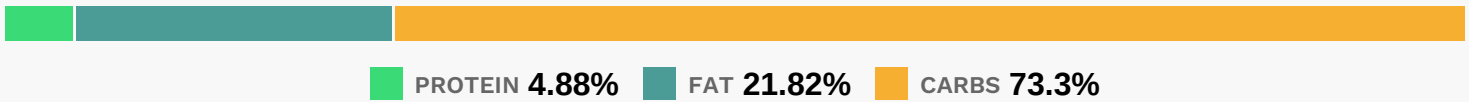
- ☐ food processor
- ☐ bowl

- ☐ oven
- ☐ hand mixer
- ☐ dutch oven
- ☐ colander

Directions

- ☐ In a Dutch oven over high heat, bring sweet potatoes, enough cold water to cover, and 1 tsp. salt to a boil, covered. Uncover and boil until potatoes are very soft, about 10 minutes.
- ☐ Drain in a colander.
- ☐ Return potatoes to Dutch oven.
- ☐ Add syrup and butter, and salt and pepper to taste, and beat with an electric mixer, starting on low speed and increasing as necessary for desired consistency; for a smoother puree, blend potatoes in a food processor. (Whipped potatoes can be made several hours ahead; cover tightly and reheat in oven.)
- ☐ Transfer to a bowl and, if desired, top with pecans.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:13.06, Glycemic Load:23.01, Inflammation Score:-10, Nutrition Score:14.782608768862%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 263.99kcal (13.2%), Fat: 6.5g (10%), Saturated Fat: 3.69g (23.08%), Carbohydrates: 49.11g (16.37%), Net Carbohydrates: 43.06g (15.66%), Sugar: 16.38g (18.2%), Cholesterol: 15.05mg (5.02%), Sodium: 304.91mg (13.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.53%), Vitamin A: 28329.12IU (566.58%), Manganese: 0.87mg (43.32%), Fiber: 6.05g (24.2%), Vitamin B6: 0.42mg (20.85%), Potassium: 704.77mg (20.14%), Vitamin B2: 0.3mg (17.36%), Vitamin B5: 1.6mg (16.04%), Copper: 0.31mg (15.65%), Magnesium: 53.78mg (13.45%), Vitamin B1: 0.17mg (11.37%), Phosphorus: 97.72mg (9.77%), Calcium: 76.66mg (7.67%), Iron: 1.25mg (6.96%), Vitamin C: 4.77mg (5.79%), Vitamin B3: 1.13mg (5.65%), Folate: 22.26µg (5.56%), Zinc: 0.74mg (4.94%), Vitamin E: 0.69mg (4.62%), Vitamin K: 4.1µg (3.9%), Selenium: 1.3µg (1.86%)