



Whipped Sweet Potatoes

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



12

CALORIES



250 kcal

SIDE DISH

Ingredients

- 2 bay leaves
- 2 tablespoons brown sugar
- 0.5 teaspoon ground cinnamon
- 2 cups heavy cream
- 12 servings kosher salt and pepper black freshly ground
- 1 pinch nutmeg freshly grated
- 0.5 orange zest
- 4 large sweet potatoes scrubbed

1 tablespoon butter unsalted

Equipment

food processor

bowl

frying pan

oven

pot

roasting pan

Directions

Preheat the oven to 350 degrees F.

Prick the sweet potatoes all over with a fork, drizzle with olive oil and season with salt and pepper.

Put them in a roasting pan and roast for 45 minutes until they are very soft.

Remove the pan from the oven.

In a small sauce pot, over low heat, heat the cream with the bay leaves, then keep warm until ready to puree potatoes. Discard the bay leaves before adding to potatoes.

When the potatoes are cool enough to handle, scoop the flesh into the bowl of a food processor. Season with salt, cinnamon, nutmeg, orange zest, and brown sugar.

Add cream and 1 tablespoon of butter and puree until super smooth.

Nutrition Facts



PROTEIN 4.62% **FAT 54.25%** **CARBS 41.13%**

Properties

Glycemic Index:13.75, Glycemic Load:11.28, Inflammation Score:-10, Nutrition Score:10.710869545522%

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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 249.73kcal (12.49%), Fat: 15.36g (23.63%), Saturated Fat: 9.77g (61.04%), Carbohydrates: 26.2g (8.73%), Net Carbohydrates: 22.66g (8.24%), Sugar: 7.86g (8.74%), Cholesterol: 47.33mg (15.78%), Sodium: 73.79mg (3.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.89%), Vitamin A: 16694.86IU (333.9%), Manganese: 0.33mg (16.26%), Fiber: 3.54g (14.18%), Vitamin B6: 0.25mg (12.67%), Potassium: 425.68mg (12.16%), Vitamin B5: 1.02mg (10.16%), Copper: 0.18mg (8.98%), Vitamin B2: 0.14mg (8.52%), Magnesium: 31.82mg (7.95%), Phosphorus: 77.15mg (7.71%), Vitamin B1: 0.1mg (6.49%), Calcium: 64.5mg (6.45%), Vitamin E: 0.69mg (4.61%), Vitamin C: 3.65mg (4.43%), Vitamin D: 0.65µg (4.35%), Iron: 0.78mg (4.31%), Folate: 14.37µg (3.59%), Vitamin K: 3.58µg (3.41%), Vitamin B3: 0.67mg (3.34%), Zinc: 0.44mg (2.95%), Selenium: 1.92µg (2.74%), Vitamin B12: 0.07µg (1.09%)