



Whipped Sweet Potatoes with Honey



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



257 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter room temperature (1 stick)
- ☐ 2 tablespoons honey ()
- ☐ 4 pounds red-skinned sweet potatoes (yams)

Equipment

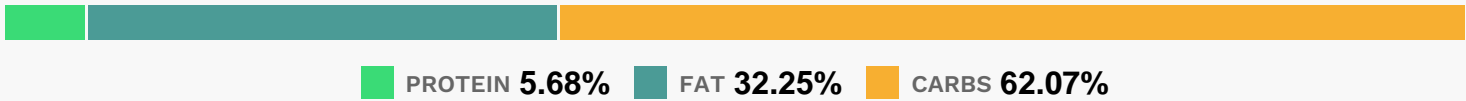
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Preheat oven to 350°F. Pierce sweet potatoes all over with fork.
- ☐ Place potatoes on rimmed baking sheet. Roast until potatoes are very soft, about 1 hour 45 minutes.
- ☐ Remove potatoes from oven and let stand until cool enough to handle. Peel potatoes and place flesh in mixing bowl; add butter. Using electric mixer, beat until mixture is fluffy and smooth.
- ☐ Mix in 2 tablespoons honey. Season to taste with salt and pepper and more honey by teaspoonfuls, if desired.
- ☐ Transfer sweet potatoes to serving bowl. DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature. Rewarm in microwave until heated through before serving.

Nutrition Facts



Properties

Glycemic Index:10.23, Glycemic Load:1.81, Inflammation Score:-10, Nutrition Score:17.033913044826%

Nutrients (% of daily need)

Calories: 257.44kcal (12.87%), Fat: 9.48g (14.58%), Saturated Fat: 5.9g (36.85%), Carbohydrates: 41.04g (13.68%), Net Carbohydrates: 35.05g (12.74%), Sugar: 15.21g (16.9%), Cholesterol: 24.4mg (8.13%), Sodium: 138.47mg (6.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.51%), Vitamin A: 35152.19IU (703.04%), Manganese: 0.91mg (45.26%), Vitamin C: 35.58mg (43.13%), Vitamin B6: 0.52mg (26.01%), Potassium: 866.73mg (24.76%), Fiber: 6g (23.98%), Vitamin B5: 1.62mg (16.19%), Copper: 0.29mg (14.68%), Vitamin B3: 2.71mg (13.54%), Vitamin B1: 0.19mg (12.98%), Magnesium: 49.3mg (12.32%), Vitamin B2: 0.2mg (11.63%), Vitamin E: 1.55mg (10.34%), Phosphorus: 100.87mg (10.09%), Calcium: 71.92mg (7.19%), Iron: 1.27mg (7.07%), Vitamin K: 4.97µg (4.73%), Zinc: 0.6mg (4%), Folate: 11.31µg (2.83%)