

Mashed Sweet Potatoes

- 1½ lbs sweet potatoes
- 1 Tbsp pecan pieces, chopped
- 1 tsp butter
- 1 pinch sea salt, to taste
- 2 tsp pure maple syrup



Procedure

- 1 Peel and steam the potatoes. Warm the butter in a pan on the stove, add the maple syrup.
- 2 Puree the potatoes with the butter syrup mix. Season to taste.
- 3 Garnish with chopped nuts.

Servings: 6

Nutrition Facts

Serving size: 1/6 of a recipe (4.2 ounces).

Amount Per Serving	
Calories	97.23
Calories From Fat (16%)	15.96
% Daily Value	
Total Fat 1.85g	3%
Saturated Fat 0.54g	3%
Cholesterol 2.83mg	<1%
Sodium 44.72mg	2%
Potassium 184.65mg	5%
Total Carbohydrates 18.95g	6%
Fiber 2.16g	9%
Sugar 6.1g	
Protein 1.55g	3%

Recipe Type

Starches