

## Mashed Sweet Potatoes

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



### Procedure

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- 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

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

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

### Recipe Type

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Starches