

Mashed Sweet Potatoes

Ingredients:

- 6 medium sweet potatoes
- 1 cup unsweetened almond milk
- 2 Tbs reduced fat margarine
- 1/8 tsp salt



Nutrition Facts

6 servings per container

Serving size 1 cup

Amount per serving

Calories 180

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 37g 13%

Dietary Fiber 6g 21%

Total Sugars 12g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 1.5mcg 8%

Calcium 140mg 10%

Iron 1.4mg 8%

Potassium 880mg 20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



*GLUTEN-FREE



*SOY FREE



*VEGAN

Directions:

1. Piece sweet potatoes with a fork a few times.
2. Microwave sweet potatoes on high for 2 minutes. Rotate. Repeat until sweet potatoes are soft, about 10 minutes total.
3. Scoop insides of sweet potatoes into large bowl.
4. Add milk, margarine and salt. Mash until smooth.
5. Serve.