

Mashed Red Curry Sweet Potatoes

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Servings: 10

3 pounds sweet potatoes, peeled and cut into 1-inch chunks

3 tablespoons light coconut milk

1 tablespoon red curry paste

1/2 cup light coconut milk

2 tablespoons pure maple syrup

2 tablespoons apple cider

2 tablespoons unsalted butter, cut into small cubes

1 teaspoon coarse salt

1 teaspoon ground cinnamon

Place the potatoes in a large pot of salted water. Bring to a boil. Reduce the heat and cook until tender, 12 to 15 minutes. Drain and return to the pan. Dry over low heat for 2 minutes.

Meanwhile, in a medium saucepan over medium-high heat, combine three tablespoons of the coconut milk and the curry paste. Stir well. Add the remaining 1/2 cup of coconut milk, maple syrup and apple cider. Bring to a boil and simmer, stirring occasionally, for 3 to 4 minutes.

While the sauce is simmering, transfer the potatoes to a large bowl. Mash with a fork or potato masher. Stir in the hot coconut milk mixture, butter, salt and cinnamon. Add additional maple syrup, if desired.

Per Serving (excluding unknown items): 135 Calories; 3g Fat (22.3% calories from fat); 2g Protein; 25g Carbohydrate; 3g Dietary Fiber; 6mg Cholesterol; 205mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Fruit; 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	135	Vitamin B6 (mg):	.3mg
% Calories from Fat:	22.3%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	72.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	3g	Folacin (mcg):	14mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
		Alcohol (kcal):	0

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	6mg
Carbohydrate (g):	25g
Dietary Fiber (g):	3g
Protein (g):	2g
Sodium (mg):	205mg
Potassium (mg):	206mg
Calcium (mg):	27mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	22mg
Vitamin A (i.u.):	19762IU
Vitamin A (r.e.):	1988 1/2RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 135 Calories from Fat: 30

% Daily Values*

Total Fat 3g	5%
Saturated Fat 2g	10%
Cholesterol 6mg	2%
Sodium 205mg	9%
Total Carbohydrates 25g	8%
Dietary Fiber 3g	12%
Protein 2g	
Vitamin A	395%
Vitamin C	37%
Calcium	3%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.