

# A Savory Mashed Sweet Potato

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-mashed-sweet-potato-recipe>

## Ingredients:

- 2 sweet potatoes large
- 1 1/2 tablespoons fresh thyme
- 2 garlic cloves minced
- 3 tablespoons unsalted butter
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1/4 teaspoon pepper

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 25 milligrams
4. Fat: 12 grams
5. Fiber: 2 grams
6. Protein: 2 grams
7. SaturatedFat: 6 grams
8. Sodium: 630 milligrams
9. Sugar: 3 grams

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