Mashed Sweet Potatoes

Ingredients

- 4 medium sweet potatoes
- 2 teaspoons fresh thyme leaves (or ¾ teaspoon dried thyme)
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Directions

1. Wash hands with warm, soapy water.
2. Scrub potatoes thoroughly and cut into ¾ inch slices. Steam over boiling water for 20 to 25 minutes or until very soft.
3. Place potatoes into a bowl and mash with a fork or potato masher.
4. Stir in thyme, salt, and pepper. Serve hot.

Nutrition Facts

Serving Size: 1/2 cup (130.91g)
Servings Per Container: 4

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>110</td>
<td>0</td>
<td>0%</td>
</tr>
</tbody>
</table>

- Total Fat: 0g (0%)
- Saturated Fat: 0g (0%)
- Trans Fat: 0g
- Cholesterol: 0mg
- Sodium: 220mg (9%)
- Total Carbohydrate: 26g (9%)
- Dietary Fiber: 4g (16%)
- Sugars: 5g
- Protein: 2g (4%)

Vitamin A: 370% · Vitamin C: 6%
Calcium: 4% · Iron: 4%

*Percent Daily Values are based on a 2,000 calorie diet.