

# SWEET POTATO CHEESY MASH

**Recipe makes**  
2 servings

**Cook time**  
15 minutes

## NUTRITION INFO PER SERVING

(1 serving)

**Calories** 120

**Protein** 2 g

**Phenylalanine** 145 mg



## INGREDIENTS

1 medium-sized (5 inches long)  
sweet potato, peeled and diced

3/4 cup carrots, diced

1/4 cup (28 g) Daiya cheddar  
style shreds

## DIRECTIONS

- 1 Boil carrots and sweet potato until soft, then drain.
- 2 Mash sweet potato and carrots together.
- 3 Add cheddar shreds into mash and mix until smooth.

**This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.**

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

For more recipes, please go to our website [www.VitafloUSA.com](http://www.VitafloUSA.com) and follow us on Instagram [@vitaflousa](https://www.instagram.com/vitaflousa) and on facebook [@Vitaflo Vitafriends](https://www.facebook.com/VitafloVitafriends).

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. © 2022 Nestlé.



Enhancing Lives Together  
A Nestlé Health Science Company