



## Broccoli & Sweet Potato Salad

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



152 kcal

SIDE DISH

### Ingredients

- 4 cups broccoli florets fresh
- 2 tablespoons apple cider vinegar
- 0.5 cup feta cheese crumbled
- 7 teaspoons olive oil divided
- 0.3 teaspoon pepper
- 2 medium bell pepper sweet red sliced
- 0.5 teaspoon salt
- 2 tablespoons sunflower seeds

- 4 cups sweet potatoes and into cubed peeled ( 2 large)
- 6 thyme sprigs fresh

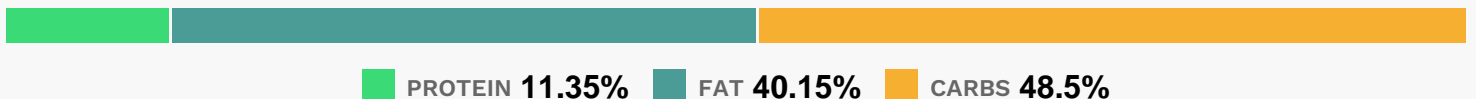
## Equipment

- bowl
- sauce pan
- oven
- whisk
- baking pan

## Directions

- Place the sweet potatoes, red peppers and thyme in a greased 15-in. x 10-in. x 1-in. baking pan.
- Drizzle with 3 teaspoons oil.
- Bake, uncovered, at 400° for 30–45 minutes or until potatoes are tender, stirring once. Cool; discard thyme sprigs.
- Fill a large saucepan half full of water; bring to a boil.
- Add broccoli; cover and boil for 2 minutes.
- Drain and immediately place in ice water.
- Drain and pat dry.
- In a large bowl, combine the roasted vegetables, broccoli, cheese and sunflower kernels. In a small bowl, whisk the vinegar, salt, pepper and remaining oil.
- Pour over vegetable mixture and gently toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:35.75, Glycemic Load:7.78, Inflammation Score:-10, Nutrition Score:19.464782745942%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

## **Nutrients (% of daily need)**

Calories: 152.48kcal (7.62%), Fat: 7.11g (10.93%), Saturated Fat: 1.93g (12.04%), Carbohydrates: 19.32g (6.44%), Net Carbohydrates: 15.18g (5.52%), Sugar: 4.88g (5.43%), Cholesterol: 8.34mg (2.78%), Sodium: 305.56mg (13.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.04%), Vitamin A: 10726.08IU (214.52%), Vitamin C: 81.5mg (98.79%), Vitamin K: 51.44µg (48.99%), Manganese: 0.38mg (19.12%), Vitamin B6: 0.38mg (19.07%), Fiber: 4.14g (16.55%), Vitamin E: 2.4mg (15.99%), Folate: 58.69µg (14.67%), Potassium: 460.8mg (13.17%), Vitamin B2: 0.21mg (12.4%), Phosphorus: 118.31mg (11.83%), Magnesium: 41.15mg (10.29%), Vitamin B1: 0.15mg (10.14%), Vitamin B5: 1.01mg (10.1%), Calcium: 95.29mg (9.53%), Copper: 0.18mg (9.06%), Iron: 1.22mg (6.8%), Vitamin B3: 1.27mg (6.34%), Selenium: 4.3µg (6.15%), Zinc: 0.87mg (5.81%), Vitamin B12: 0.16µg (2.64%)