



HEALTH SCORE

81%

Caribbean Sweet Potato-and-Black Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



219 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup banana chutney (such as Busha Browne's Original)
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 1 teaspoon dijon mustard
- ☐ 1 garlic clove minced
- ☐ 0.5 cup green onions divided sliced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 teaspoons olive oil
- ☐ 0.1 teaspoon pepper

- ☐ 0.1 teaspoon salt
- ☐ 3 cups torn spinach
- ☐ 1 cup sweet potatoes and into cubed peeled ()

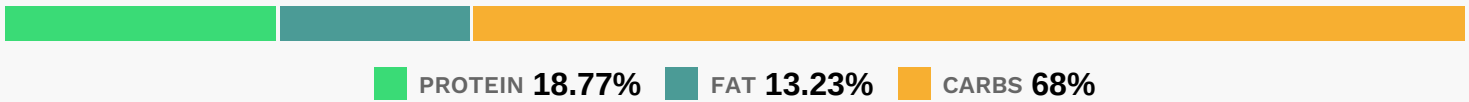
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Steam sweet potato, covered, 5 minutes or until tender, and cool.
- ☐ Combine chutney and next 6 ingredients (chutney through garlic) in a large bowl; stir well with a whisk.
- ☐ Add sweet potato, 1/4 cup onions, and beans; stir well to coat.
- ☐ Place 1 cup spinach on each of 3 plates; top with 2/3 cup bean mixture.
- ☐ Sprinkle evenly with 1/4 cup onions.

Nutrition Facts



Properties

Glycemic Index:90.26, Glycemic Load:6.28, Inflammation Score:-10, Nutrition Score:24.609565175098%

Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 219.26kcal (10.96%), Fat: 3.36g (5.17%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 38.87g (12.96%), Net Carbohydrates: 26.19g (9.52%), Sugar: 4.1g (4.55%), Cholesterol: 0mg (0%), Sodium: 710.85mg (30.91%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 10.73g (21.46%), Vitamin A: 9289.24IU (185.78%), Vitamin K: 182.1µg (173.43%), Fiber: 12.68g (50.73%), Folate: 163.87µg (40.97%), Manganese: 0.81mg (40.53%), Vitamin C: 20.86mg (25.29%), Potassium: 863.5mg (24.67%), Magnesium: 93.1mg (23.27%), Iron: 4.13mg (22.96%), Copper: 0.41mg (20.49%), Phosphorus: 202.4mg (20.24%), Vitamin B1: 0.28mg (18.48%), Vitamin B2: 0.28mg (16.48%), Vitamin B6: 0.3mg (15.14%), Calcium: 109.95mg (11%), Vitamin E: 1.24mg (8.28%), Zinc: 1.17mg (7.82%), Vitamin B3: 1.55mg (7.73%), Vitamin B5: 0.71mg (7.14%), Selenium: 3.36µg (4.8%)