



WHATSHATE



Chilled Sweet Potato Salad with Lime and Chili Oil



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



423 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon chili oil
- ☐ 4 servings coarse salt and pepper freshly ground to taste
- ☐ 0.3 cup grapeseed oil
- ☐ 3 tablespoon juice of lime fresh
- ☐ 1 teaspoon lime zest finely grated
- ☐ 3 tablespoon rice vinegar
- ☐ 3 pound sweet potatoes peeled cut into 3/4-inch pieces

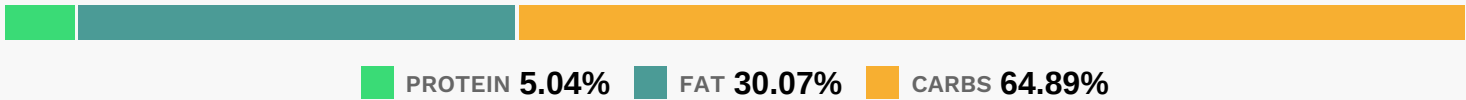
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add sweet potatoes, and return to a boil. Reduce heat, and simmer until tender, about 5 minutes.
- ☐ Drain.
- ☐ Whisk vinegar, lime zest and juice, 1 scallion sliced, 1 teaspoon salt and chili oil in a small bowl.
- ☐ Add grapeseed oil in a slow, steady stream, whisking until emulsified. Season with pepper. Toss dressing with warm sweet potatoes in a large bowl, and garnish with remaining ½ scallion.
- ☐ Let come to room temperature, then refrigerate until chilled.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:33.79, Inflammation Score:-10, Nutrition Score:20.860434946807%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 422.55kcal (21.13%), Fat: 14.3g (22.01%), Saturated Fat: 1.44g (9%), Carbohydrates: 69.45g (23.15%), Net Carbohydrates: 59.19g (21.52%), Sugar: 14.42g (16.03%), Cholesterol: 0mg (0%), Sodium: 381.38mg (16.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.78%), Vitamin A: 48269.24IU (965.38%), Manganese: 0.89mg (44.34%), Fiber: 10.26g (41.06%), Vitamin B6: 0.72mg (35.77%), Potassium: 1160.41mg (33.15%), Vitamin E: 4.91mg (32.71%), Vitamin B5: 2.74mg (27.36%), Copper: 0.52mg (25.9%), Magnesium: 86.1mg (21.53%), Vitamin B1: 0.27mg (17.89%), Phosphorus: 162.04mg (16.2%), Vitamin C: 11.69mg (14.16%), Vitamin B2: 0.21mg (12.31%), Iron: 2.1mg (11.65%), Calcium: 104.64mg (10.46%), Folate: 38.59µg (9.65%), Vitamin B3: 1.91mg (9.56%), Zinc: 1.03mg (6.88%), Vitamin K: 6.49µg (6.19%), Selenium: 2.11µg (3.02%)