



Chipotle Roast Sweet Potato and Black Bean Quinoa Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



540 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup avocado dressing
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 1 tablespoon chipotle chili powder to taste (or)
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 tablespoon corn oil
- ☐ 1 teaspoon cumin seeds toasted
- ☐ 1 clove garlic chopped

- ☐ 2 tablespoons juice of lime (- 1 lime)
- ☐ 1 tablespoon oil
- ☐ 0.5 cup onion diced
- ☐ 1 cup quinoa rinsed well
- ☐ 4 servings salt and pepper to taste
- ☐ 2 large sweet potatoes dried scrubbed cut into 1/2 inch cubes
- ☐ 1.5 cups water

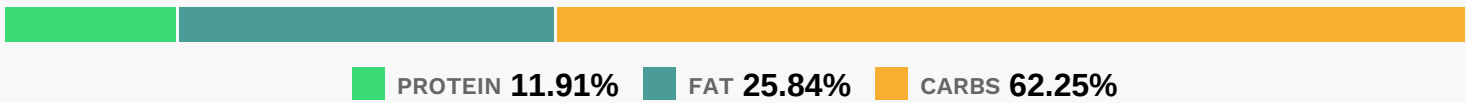
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Toss the sweet potato in the oil, chili powder, cumin, salt and pepper, place on a baking sheet in a single layer and roast in a preheated 400F oven until tender, about 20–30 minutes.Meanwhile, heat the oil in a sauce pan over medium heat, add the onion and cook until tender, about 5–7 minutes.
- ☐ Add the garlic, chipotle chili powder and cumin and cook until fragrant, about a minute.
- ☐ Add the quinoa and water, bring to a boil reduce the heat and simmer until the quinoa is tender and the liquid has been absorbed, about 15–20 minutes.
- ☐ Mix the beans and sweet potato into the quinoa and season with lime juice salt and pepper to taste.
- ☐ Mix in the cilantro and enjoy optionally garnished with avocado, red onion, queso fresco and cilantro along with the avocado dressing.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:17.65, Inflammation Score:-10, Nutrition Score:33.078260712002%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Nutrients (% of daily need)

Calories: 539.96kcal (27%), Fat: 15.92g (24.49%), Saturated Fat: 1.81g (11.34%), Carbohydrates: 86.28g (28.76%), Net Carbohydrates: 67.19g (24.43%), Sugar: 8.5g (9.44%), Cholesterol: 0mg (0%), Sodium: 739.89mg (32.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.51g (33.02%), Vitamin A: 24853.9IU (497.08%), Manganese: 1.7mg (84.93%), Fiber: 19.09g (76.34%), Folate: 197.93µg (49.48%), Magnesium: 183.06mg (45.76%), Phosphorus: 425.41mg (42.54%), Copper: 0.84mg (41.79%), Potassium: 1415.66mg (40.45%), Vitamin B6: 0.8mg (39.94%), Iron: 5.96mg (33.13%), Vitamin B1: 0.48mg (32.06%), Vitamin E: 4.21mg (28.08%), Vitamin B2: 0.44mg (26.15%), Vitamin B5: 2.47mg (24.66%), Vitamin K: 20.29µg (19.32%), Zinc: 2.81mg (18.76%), Vitamin C: 14.99mg (18.17%), Vitamin B3: 3.21mg (16.05%), Calcium: 134.4mg (13.44%), Selenium: 6.82µg (9.75%)