



Grilled Sweet Potato and Green Onion Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



418 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 cup canola oil
- ☐ 0.3 cup cider vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup flat parsley fresh coarsely chopped
- ☐ 2 teaspoons honey
- ☐ 0.5 cup olive oil
- ☐ 4 servings salt and pepper black freshly ground

- ☐ 4 scallion white green
- ☐ 4 large sweet potatoes

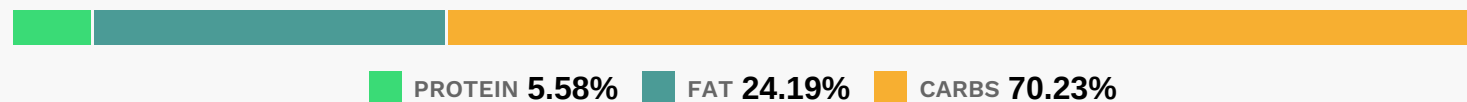
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Place potatoes in a large saucepan, cover by an inch with cold water, add 1 tablespoon of salt and bring to a boil over high heat. Cook until just cooked through but not soft, about 40 minutes depending on the size. When cool enough to handle, slice crosswise into 1/2-inch thick slices. Must be fork tender!
- ☐ Preheat grill to high.
- ☐ Brush potatoes on both sides with canola oil and season with salt and pepper. Grill until lightly golden brown on both sides and just cooked through, about 1 1/2 minutes per side.
- ☐ Remove to a bowl.
- ☐ Brush green onions with the remaining canola oil and grill until slightly charred and softened, about 4 minutes.
- ☐ Remove and thinly slice.
- ☐ Add to the potatoes.
- ☐ Whisk together the vinegars, mustard and honey in a bowl and season with salt and pepper. Slowly whisk in the olive oil until emulsified and taste for seasoning.
- ☐ Pour the dressing over the potatoes, add the parsley and gently toss to combine.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:82.07, Glycemic Load:36.24, Inflammation Score:-10, Nutrition Score:25.465651988983%

Flavonoids

Apigenin: 8.14mg, Apigenin: 8.14mg, Apigenin: 8.14mg, Apigenin: 8.14mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 418.19kcal (20.91%), Fat: 11.35g (17.47%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 74.17g (24.72%), Net Carbohydrates: 63.34g (23.03%), Sugar: 18.71g (20.79%), Cholesterol: 0mg (0%), Sodium: 235.12mg (10.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.78%), Vitamin A: 48674.55IU (973.49%), Vitamin K: 99.92µg (95.17%), Manganese: 0.98mg (49.06%), Fiber: 10.83g (43.32%), Vitamin B6: 0.73mg (36.25%), Potassium: 1228.39mg (35.1%), Vitamin B5: 2.76mg (27.59%), Copper: 0.54mg (26.88%), Magnesium: 93.02mg (23.26%), Vitamin B1: 0.28mg (18.81%), Vitamin C: 15.44mg (18.71%), Vitamin E: 2.75mg (18.33%), Phosphorus: 173.48mg (17.35%), Iron: 2.69mg (14.92%), Vitamin B2: 0.22mg (13.22%), Folate: 51.13µg (12.78%), Calcium: 122.09mg (12.21%), Vitamin B3: 2.03mg (10.16%), Zinc: 1.15mg (7.68%), Selenium: 3.44µg (4.91%)