



Grilled Sweet Potato and Napa Cabbage Salad with Lime Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



282 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black divided
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup green onions chopped
- 2 teaspoons honey
- 1 jalapeno minced seeded
- 0.8 teaspoon kosher salt divided
- 0.3 cup juice of lime fresh

- 3 cups napa cabbage shredded
- 5 tablespoons olive oil divided
- 0.3 cup pumpkin seeds toasted
- 1 cup onion red sliced
- 2 pounds sweet potatoes
- 2 tablespoons warm water

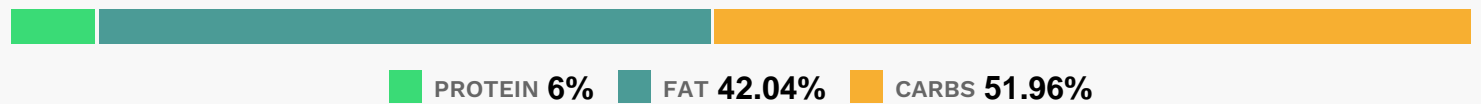
Equipment

- bowl
- grill

Directions

- Prepare grill for indirect grilling, heating one side to medium-high and leaving one side with no heat.
- Peel potatoes, and cut lengthwise into 1/2-inch-thick slices.
- Combine potatoes, 1 tablespoon oil, 1/4 teaspoon salt, and 1/4 teaspoon black pepper; toss.
- Place potatoes on grill rack over unheated side; close lid. Cook 12 minutes on each side or until tender. Move potatoes to heated side; grill 2 minutes on each side or until charred.
- Combine 1/4 cup oil, 1/2 teaspoon salt, 1/4 teaspoon black pepper, juice, and next 4 ingredients (through jalapeo) in a large bowl. Slice potato slices into strips.
- Add potatoes, cabbage, and remaining ingredients to bowl; toss.

Nutrition Facts



Properties

Glycemic Index:51.21, Glycemic Load:16.94, Inflammation Score:-10, Nutrition Score:17.682608666627%

Flavonoids

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: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg

Nutrients (% of daily need)

Calories: 281.98kcal (14.1%), Fat: 13.62g (20.96%), Saturated Fat: 1.98g (12.37%), Carbohydrates: 37.88g (12.63%), Net Carbohydrates: 31.94g (11.62%), Sugar: 10.32g (11.47%), Cholesterol: 0mg (0%), Sodium: 380.43mg (16.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.75%), Vitamin A: 21689.96IU (433.8%), Vitamin K: 37.87µg (36.07%), Manganese: 0.7mg (34.78%), Vitamin C: 22.7mg (27.51%), Fiber: 5.94g (23.75%), Vitamin B6: 0.46mg (22.97%), Potassium: 703.84mg (20.11%), Magnesium: 69.01mg (17.25%), Vitamin E: 2.35mg (15.66%), Copper: 0.31mg (15.65%), Folate: 58.57µg (14.64%), Phosphorus: 137.89mg (13.79%), Vitamin B5: 1.34mg (13.4%), Vitamin B1: 0.16mg (10.77%), Calcium: 88.85mg (8.89%), Iron: 1.59mg (8.84%), Vitamin B2: 0.13mg (7.8%), Vitamin B3: 1.28mg (6.4%), Zinc: 0.9mg (6.02%), Selenium: 1.68µg (2.4%)