



Grilled Sweet Potato and Scallion Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



22 min.

SERVINGS



8

CALORIES



204 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup balsamic vinegar
- 0.5 cup cider vinegar
- 2 tablespoons dijon mustard
- 0.3 cup flat-leaf parsley coarsely chopped
- 2 teaspoons honey
- 0.8 cup olive oil divided
- 8 servings salt and pepper freshly ground
- 8 scallions

4 large sweet potatoes cut into 1/2-inch slices

Equipment

bowl

whisk

grill

Directions

Preheat grill to high.

Brush potatoes and scallions with oil and arrange on grill. Grill potatoes for 3 to 4 minutes on each side, or until just tender. Grill scallions until softened and marked.

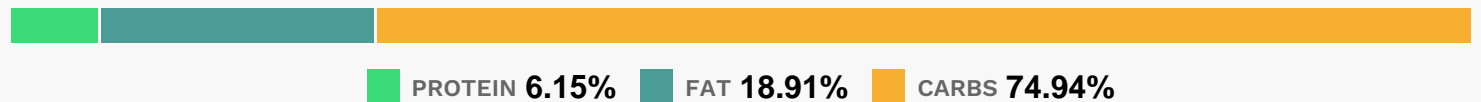
Remove scallions from the grill and cut into thin slices.

In a large bowl, whisk together 1/2 cup olive oil, the mustard, vinegars, and honey. Season with salt and pepper, to taste.

Add potatoes, scallions, and parsley and toss until potatoes are well coated.

Transfer to a platter and serve.

Nutrition Facts



Properties

Glycemic Index:37.03, Glycemic Load:18.58, Inflammation Score:-10, Nutrition Score:15.805652172669%

Flavonoids

Apigenin: 4.08mg, Apigenin: 4.08mg, Apigenin: 4.08mg, Apigenin: 4.08mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 204.27kcal (10.21%), Fat: 4.3g (6.61%), Saturated Fat: 0.61g (3.78%), Carbohydrates: 38.34g (12.78%), Net Carbohydrates: 32.7g (11.89%), Sugar: 10.14g (11.27%), Cholesterol: 0mg (0%), Sodium: 334.24mg (14.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Vitamin A: 24398.15IU (487.96%), Vitamin K: 61.14µg (58.23%), Manganese: 0.53mg (26.3%), Fiber: 5.64g (22.55%), Potassium: 642.85mg (18.37%), Vitamin B6: 0.37mg

(18.37%), Vitamin B5: 1.39mg (13.89%), Copper: 0.28mg (13.81%), Magnesium: 49.38mg (12.35%), Vitamin C: 8.85mg (10.73%), Vitamin B1: 0.15mg (9.86%), Phosphorus: 92.26mg (9.23%), Iron: 1.51mg (8.39%), Vitamin E: 1.12mg (7.46%), Folate: 29.53µg (7.38%), Vitamin B2: 0.12mg (6.96%), Calcium: 68.05mg (6.81%), Vitamin B3: 1.06mg (5.29%), Zinc: 0.62mg (4.12%), Selenium: 2.4µg (3.43%)