



Grilled Sweet Potato Fingers with Curry Dip



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



257 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 2 teaspoons curry powder
- ☐ 2 tablespoons juice of lemon
- ☐ 1.5 cups mayonnaise light
- ☐ 2 tablespoons olive oil
- ☐ 0.5 small onion grated
- ☐ 8 servings salt and pepper
- ☐ 40 oz sweet potatoes and into peeled

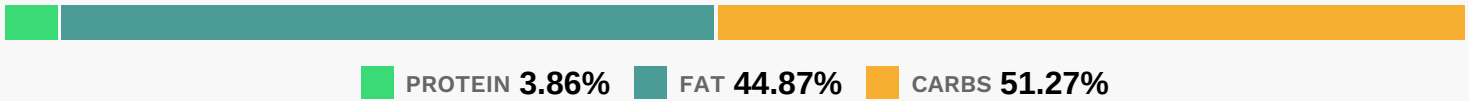
Equipment

- ☐ bowl
- ☐ knife
- ☐ grill
- ☐ broiler

Directions

- ☐ Mix mayonnaise, lemon juice, onion and curry powder in a bowl and season with salt and pepper. Cover and chill until ready to serve. (Dip can be made up to 2 days in advance.)
- ☐ Prepare a charcoal fire, let burn to a gray ash and set grill 8 to 10 inches from coals. (Or preheat a broiler and set broiling rack 8 inches from heat source.)
- ☐ Cut sweet potatoes in half crosswise, then cut each half lengthwise and then into thirds to form fingers. Each potato should yield about 12 pieces.
- ☐ Place fingers in a large bowl, add oil, salt, pepper and cayenne. Toss well to coat.
- ☐ Grill or broil fingers, turning often, until partially charred and soft enough to easily penetrate with tip of a knife, about 10 minutes.
- ☐ Remove to a plate and season with salt and pepper.
- ☐ Serve warm with curry dip.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:14.18, Inflammation Score:-10, Nutrition Score:12.767825966296%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 257.2kcal (12.86%), Fat: 12.99g (19.98%), Saturated Fat: 1.97g (12.34%), Carbohydrates: 33.39g (11.13%), Net Carbohydrates: 28.87g (10.5%), Sugar: 7.72g (8.58%), Cholesterol: 6.72mg (2.24%), Sodium: 619.65mg (26.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.03%), Vitamin A: 20170.38IU (403.41%), Vitamin K: 27.78µg (26.46%), Manganese: 0.4mg (19.9%), Fiber: 4.52g (18.08%), Vitamin B6: 0.31mg (15.57%), Potassium: 510.01mg (14.57%), Vitamin E: 1.93mg (12.85%), Vitamin B5: 1.17mg (11.69%), Copper: 0.23mg (11.44%), Magnesium: 38.31mg (9.58%), Vitamin B1: 0.12mg (7.89%), Phosphorus: 76.42mg (7.64%), Vitamin C: 5.28mg (6.4%), Iron: 1.11mg (6.17%), Vitamin B2: 0.09mg (5.31%), Folate: 19.69µg (4.92%), Calcium: 48.91mg (4.89%), Vitamin B3: 0.82mg (4.12%), Zinc: 0.49mg (3.24%), Selenium: 2.06µg (2.94%)