



 **51%**  
HEALTH SCORE

# Grilled Sweet Potato, Orange, and Chickpea Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



218 kcal

SIDE DISH

## Ingredients

- 15 ounce chickpeas rinsed drained canned
- 2 teaspoons soya sauce reduced-sodium
- 3 navel oranges
- 1 tablespoon rice vinegar
- 0.3 teaspoon salt
- 3 scallions light white green thinly sliced
- 1 tablespoon sesame oil

1.5 pounds sweet potatoes

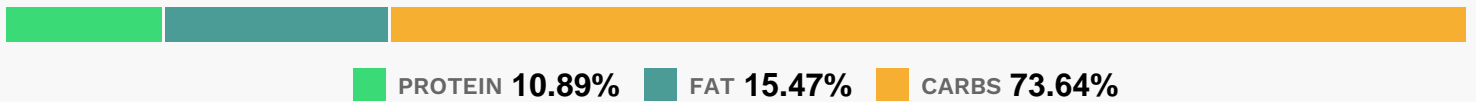
## Equipment

- bowl
- knife
- whisk
- grill
- microwave
- grill pan

## Directions

- Microwave potatoes on high for 12 minutes.
- Transfer to a bowl of ice water to cool. Peel and slice potatoes 1/2-inch thick; reserve.
- With a sharp knife, remove peel and thick white pith from oranges; reserve juice in a bowl. Halve and slice crosswise into 1/2-inch-thick half moons, reserving juice.
- Transfer 3 tablespoons of collected juice into a bowl; whisk in vinegar, sesame oil, soy sauce, and salt; reserve.
- Spray grill pan with cooking spray; heat over medium-high until hot. Cook potatoes until grill marks appear, turning once (3-5 minutes per batch).
- In a large serving bowl, toss potatoes with chickpeas, oranges, scallions, and dressing.

## Nutrition Facts



## Properties

Glycemic Index:30.06, Glycemic Load:13.95, Inflammation Score:-10, Nutrition Score:18.38956521905%

## Flavonoids

Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

0.04mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

## Nutrients (% of daily need)

Calories: 218.17kcal (10.91%), Fat: 3.89g (5.99%), Saturated Fat: 0.51g (3.19%), Carbohydrates: 41.69g (13.9%), Net Carbohydrates: 33.46g (12.17%), Sugar: 10.84g (12.04%), Cholesterol: 0mg (0%), Sodium: 418.01mg (18.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.33%), Vitamin A: 16331.14IU (326.62%), Vitamin C: 45.29mg (54.9%), Manganese: 0.91mg (45.55%), Fiber: 8.23g (32.91%), Vitamin B6: 0.63mg (31.69%), Potassium: 622.91mg (17.8%), Copper: 0.31mg (15.65%), Folate: 58.57µg (14.64%), Magnesium: 57.56mg (14.39%), Vitamin K: 14.78µg (14.07%), Phosphorus: 131.19mg (13.12%), Vitamin B5: 1.31mg (13.12%), Vitamin B1: 0.16mg (10.85%), Iron: 1.77mg (9.82%), Calcium: 93.97mg (9.4%), Vitamin B2: 0.12mg (7.31%), Zinc: 0.92mg (6.15%), Vitamin B3: 1.07mg (5.36%), Vitamin E: 0.47mg (3.15%), Selenium: 2.16µg (3.08%)