



Grilled Sweet Potato-Poblano Salad

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



244 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 servings cilantro vinaigrette
- ☐ 5 oz lambs lettuce fresh
- ☐ 1 poblano pepper diced seeded
- ☐ 1 cup queso fresco fresh crumbled (Mexican cheese)
- ☐ 0.5 cup roasted pumpkin seeds shelled
- ☐ 2.5 pounds sweet potatoes
- ☐ 0.5 cup cranberries dried sweetened

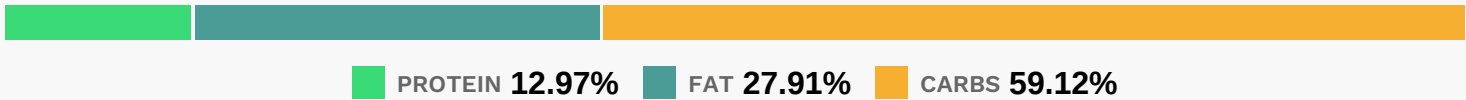
Equipment

- ☐ grill
- ☐ dutch oven

Directions

- ☐ Coat cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Peel sweet potatoes, and cut into 1/2-inch-thick rounds. Bring potatoes and water to cover to a boil in a large Dutch oven over medium-high heat; cook 5 to 6 minutes or until crisp-tender.
- ☐ Drain. Coat potatoes with cooking spray.
- ☐ Grill potatoes, covered with grill lid, 8 to 10 minutes or until tender, turning occasionally. Gently toss warm potatoes with poblano and Cilantro Vinaigrette. Arrange mche on a serving platter, and sprinkle with queso fresco and cranberries. Top with sweet potato mixture, and sprinkle with pumpkin seeds.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:14.12, Inflammation Score:-10, Nutrition Score:16.849130452975%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 244.41kcal (12.22%), Fat: 7.86g (12.09%), Saturated Fat: 3.05g (19.07%), Carbohydrates: 37.45g (12.48%), Net Carbohydrates: 32.06g (11.66%), Sugar: 12.05g (13.39%), Cholesterol: 13.3mg (4.43%), Sodium: 183.4mg (7.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.21g (16.43%), Vitamin A: 21520.96IU (430.42%), Manganese: 0.8mg (40.11%), Vitamin C: 22.3mg (27.04%), Phosphorus: 227.54mg (22.75%), Fiber: 5.39g (21.56%), Magnesium: 83.62mg (20.9%), Vitamin B6: 0.4mg (19.84%), Potassium: 659.3mg (18.84%), Copper: 0.35mg (17.51%), Calcium: 147.59mg (14.76%), Vitamin B5: 1.25mg (12.5%), Iron: 2.01mg (11.17%), Zinc: 1.54mg (10.28%), Vitamin B2: 0.16mg (9.64%), Vitamin B1: 0.14mg (9.4%), Vitamin B3: 1.32mg (6.6%), Folate: 25.65µg (6.41%), Selenium: 3.85µg (5.5%), Vitamin K: 5.22µg (4.97%), Vitamin E: 0.66mg (4.41%), Vitamin B12: 0.17µg (2.87%)