



Grilled Sweet Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



31 min.

SERVINGS



6

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 6 green onions
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 2.3 pounds sweet potatoes

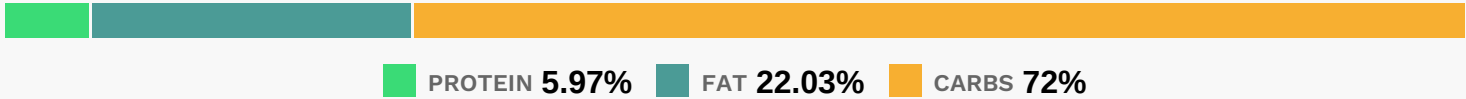
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill to medium heat.
- ☐ Peel sweet potatoes, and cut diagonally into 1/2-inch-thick slices.
- ☐ Place sweet potato slices on grill rack coated with cooking spray; grill 18 minutes or until tender, turning once.
- ☐ Place onions on grill rack during last 2 minutes of cook time; cook onions 2 minutes or until browned and tender, turning once.
- ☐ Cut onions into 2-inch pieces.
- ☐ Combine olive oil and next 4 ingredients (through red pepper) in a large bowl, stirring with a whisk.
- ☐ Add sweet potato and onions; toss well.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:17.08, Inflammation Score:-10, Nutrition Score:14.064782500267%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 193.37kcal (9.67%), Fat: 4.84g (7.44%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 35.57g (11.86%), Net Carbohydrates: 30.1g (10.95%), Sugar: 7.53g (8.36%), Cholesterol: 0mg (0%), Sodium: 289.71mg (12.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.89%), Vitamin A: 24288.41IU (485.77%), Vitamin K: 30.79µg

(29.32%), Manganese: 0.47mg (23.32%), Fiber: 5.47g (21.88%), Vitamin B6: 0.37mg (18.39%), Potassium: 616.24mg (17.61%), Vitamin B5: 1.38mg (13.76%), Copper: 0.27mg (13.48%), Magnesium: 45.97mg (11.49%), Vitamin C: 8.35mg (10.12%), Vitamin B1: 0.14mg (9.45%), Phosphorus: 85.86mg (8.59%), Vitamin E: 1.22mg (8.12%), Iron: 1.36mg (7.58%), Folate: 27.5µg (6.87%), Vitamin B2: 0.12mg (6.79%), Calcium: 61.81mg (6.18%), Vitamin B3: 1.03mg (5.15%), Zinc: 0.57mg (3.8%), Selenium: 1.11µg (1.59%)