




 **90%**
HEALTH SCORE

Grilled Sweet Potato Salad With Basil Vinaigrette


 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN




10 min.

SERVINGS



4

CALORIES



203 kcal

SIDE DISH

Ingredients

- 4 servings basil vinaigrette
- 0.3 cup flat-leaf parsley chopped
- 0.3 cup green onions sliced
- 0.5 cup bell pepper diced red
- 4 sweet potatoes peeled cut into 1/2-inch slices

Equipment

- bowl

grill

Directions

- Coat both sides of sweet potato slices with cooking spray.
- Grill potatoes, covered with grill lid, over medium-high heat (350 to 400) minutes on each side or until tender. Cool slightly, and cut into 1-inch cubes.
- Combine potatoes, bell pepper, onions, and parsley in a large bowl; toss with Basil Vinaigrette.

Nutrition Facts

 **PROTEIN 7.75%**  **FAT 0.97%**  **CARBS 91.28%**

Properties

Glycemic Index:56, Glycemic Load:22.82, Inflammation Score:-10, Nutrition Score:20.790869619535%

Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 203.01kcal (10.15%), Fat: 0.22g (0.34%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 47.34g (15.78%), Net Carbohydrates: 39.85g (14.49%), Sugar: 10.41g (11.57%), Cholesterol: 0mg (0%), Sodium: 128.23mg (5.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin A: 33129.48IU (662.59%), Vitamin K: 87.72µg (83.54%), Vitamin C: 35.79mg (43.38%), Manganese: 0.64mg (32.15%), Fiber: 7.49g (29.96%), Vitamin B6: 0.54mg (26.84%), Potassium: 844.84mg (24.14%), Vitamin B5: 1.89mg (18.91%), Copper: 0.36mg (18.15%), Magnesium: 63.14mg (15.78%), Vitamin B1: 0.19mg (12.91%), Phosphorus: 116.67mg (11.67%), Folate: 44.49µg (11.12%), Iron: 1.85mg (10.26%), Vitamin B2: 0.16mg (9.64%), Calcium: 82.32mg (8.23%), Vitamin B3: 1.54mg (7.71%), Vitamin E: 0.96mg (6.4%), Zinc: 0.81mg (5.37%), Selenium: 1.42µg (2.03%)