



Grilled Sweet Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



409 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds sweet potatoes
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 4 servings kosher salt
- ☐ 0.3 cup cilantro leaves fresh finely chopped (including tender stems)
- ☐ 1 teaspoon lemon zest
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 pinch salt

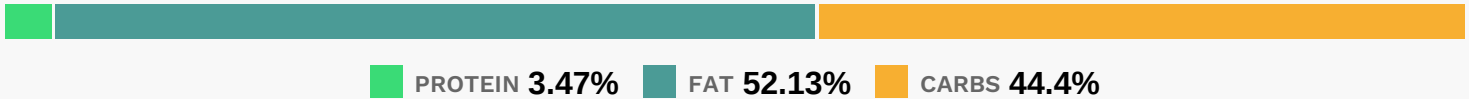
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare the grill, prep the sweet potatoes: Prepare your grill for hot, direct heat.
- ☐ While the grill is heating up, peel the sweet potatoes and slice lengthwise, or on a diagonal, into 1/4 inch-thick pieces.
- ☐ Coat the sweet potato slices with olive oil and lightly sprinkle with Kosher salt.
- ☐ Make cilantro lime dressing:
- ☐ Combine all of the dressing ingredients into a small bowl.
- ☐ Grill the sweet potatoes: Once the grill is hot, lay the sweet potato pieces down onto the grill grates. Cover the grill and cook until each side gets some grill marks, between 3–6 minutes for each side, depending on how hot your grill is.
- ☐ Toss with dressing: Toss the sweet potatoes in a bowl with the dressing and serve hot.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:22.52, Inflammation Score:-10, Nutrition Score:16.474782580915%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 409.32kcal (20.47%), Fat: 24.14g (37.14%), Saturated Fat: 3.36g (20.98%), Carbohydrates: 46.27g (15.42%), Net Carbohydrates: 39.36g (14.31%), Sugar: 9.7g (10.78%), Cholesterol: 0mg (0%), Sodium: 329.26mg

(14.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.23%), Vitamin A: 32243.75IU (644.88%), Manganese: 0.59mg (29.54%), Fiber: 6.91g (27.63%), Vitamin E: 4.08mg (27.22%), Vitamin B6: 0.48mg (23.99%), Potassium: 778.32mg (22.24%), Vitamin K: 21.63µg (20.6%), Vitamin B5: 1.83mg (18.31%), Copper: 0.35mg (17.33%), Magnesium: 57.49mg (14.37%), Vitamin B1: 0.18mg (11.98%), Vitamin C: 9.26mg (11.22%), Phosphorus: 107.73mg (10.77%), Iron: 1.55mg (8.6%), Vitamin B2: 0.14mg (8.32%), Calcium: 70.19mg (7.02%), Folate: 27.13µg (6.78%), Vitamin B3: 1.28mg (6.42%), Zinc: 0.69mg (4.61%), Selenium: 1.38µg (1.97%)