



Grilled Sweet Potatoes with Lime Cilantro Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



16

CALORIES



111 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 cup olive oil
- ☐ 4 lb sweet potatoes (8; preferably long)

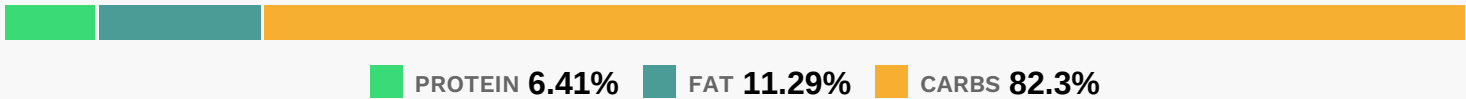
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ grill pan

Directions

- ☐ Cover potatoes with cold salted water in a large pot, then bring to a boil. Simmer until slightly resistant in center when pierced with a sharp small knife, 25 to 30 minutes, then transfer to a large bowl of cold water to stop cooking.
- ☐ Drain well. When cool enough to handle, peel potatoes with a sharp small knife and quarter lengthwise.
- ☐ Prepare grill for cooking.
- ☐ Whisk together lime juice, salt, and pepper and add oil in a slow stream, whisking.
- ☐ Whisk in cilantro.
- ☐ When fire is hot (you can hold your hand 5 inches above rack for 1 to 2 seconds), grill potatoes in 2 or 3 batches on lightly oiled grill rack (over coals if using a charcoal grill), uncovered, turning, until grill marks appear and potatoes are just tender, 3 to 6 minutes total.
- ☐ Serve potatoes warm or at room temperature, drizzled with vinaigrette.
- ☐ ·Potatoes can be boiled and peeled 1 day ahead and chilled, covered. ·Vinaigrette can be made 2 hours ahead and kept at room temperature. ·If you aren't able to grill, potatoes can be cooked in a well-seasoned ridged grill pan over moderately high heat, turning, until grill marks appear, 3 to 6 minutes total.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:11.26, Inflammation Score:-10, Nutrition Score:9.6113043453382%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 110.54kcal (5.53%), Fat: 1.41g (2.17%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 23.16g (7.72%), Net Carbohydrates: 19.73g (7.18%), Sugar: 4.81g (5.34%), Cholesterol: 0mg (0%), Sodium: 280.61mg (12.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.61%), Vitamin A: 16106.72IU (322.13%), Manganese: 0.3mg (14.94%), Fiber: 3.43g (13.73%), Vitamin B6: 0.24mg (11.95%), Potassium: 388.35mg (11.1%), Vitamin B5: 0.91mg (9.14%), Copper: 0.17mg (8.67%), Magnesium: 28.78mg (7.19%), Vitamin B1: 0.09mg (5.97%), Phosphorus: 54mg (5.4%), Vitamin C: 3.92mg (4.76%), Vitamin B2: 0.07mg (4.13%), Iron: 0.71mg (3.96%), Vitamin K: 3.7µg (3.53%), Calcium: 35mg (3.5%), Vitamin E: 0.5mg (3.36%), Folate: 13.01µg (3.25%), Vitamin B3: 0.64mg (3.2%), Zinc: 0.35mg (2.3%)