



WHATSheATE



Kimchi Sweet Potato Salad



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



340 kcal

SIDE DISH

Ingredients



4 slices bacon cut into 1 inch pieces)



2 tablespoons korean honey citron tea paste



2 green onions sliced



0.5 cup kimchi drained chopped (and)



2 tablespoons mayonnaise



1 tablespoon oil



1 tablespoon sesame seed toasted ()



2 large potatoes sweet peeled cut into bite sized pieces)

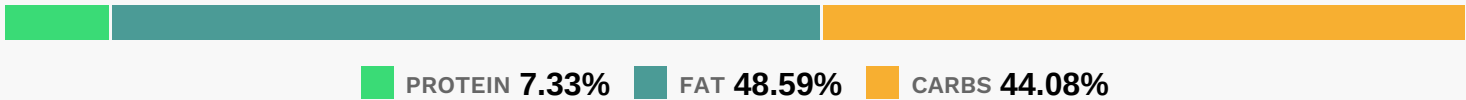
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Toss the sweet potatoes in the oil.
- ☐ Spread the potatoes out in a single layer on a baking sheet.
- ☐ Roast the potatoes in a preheated 400F oven until the potatoes are nice and tender, about 30 minutes.
- ☐ Meanwhile cook the bacon, drain and set aside.
- ☐ Mix the gochujang and mayonnaise.
- ☐ Mix everything.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:17.07, Inflammation Score:-10, Nutrition Score:16.795217407786%

Flavonoids

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: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 340.34kcal (17.02%), Fat: 18.65g (28.7%), Saturated Fat: 4.19g (26.17%), Carbohydrates: 38.08g (12.69%), Net Carbohydrates: 32.32g (11.75%), Sugar: 8.16g (9.07%), Cholesterol: 17.46mg (5.82%), Sodium: 357.96mg (15.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.67%), Vitamin A: 24219.88IU (484.4%), Vitamin K: 35.75µg (34.05%), Manganese: 0.5mg (25.02%), Vitamin B6: 0.48mg (23.86%), Fiber: 5.76g (23.05%), Potassium: 695.09mg (19.86%), Copper: 0.37mg (18.39%), Vitamin B5: 1.5mg (15%), Vitamin B1: 0.22mg (14.79%), Magnesium: 56.4mg (14.1%), Phosphorus: 135.46mg (13.55%), Vitamin B3: 2.24mg (11.2%), Iron: 1.95mg (10.81%), Vitamin B2: 0.17mg (9.9%), Vitamin E: 1.45mg (9.68%), Selenium: 6.49µg (9.27%), Folate: 33.1µg (8.28%), Calcium:

82.82mg (8.28%), Vitamin C: 6.49mg (7.86%), Zinc: 1mg (6.69%), Vitamin B12: 0.12µg (1.97%)