



## Lime Cilantro Sweet Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 teaspoon cayenne
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 teaspoon lime zest fresh finely grated
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.8 teaspoon salt
- ☐ 2 lb sweet potatoes peeled cut into 3/4-inch pieces

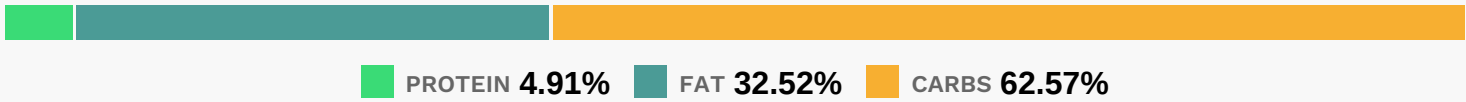
### Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

## Directions

- ☐ Put oven rack in lower third of oven and preheat oven to 425°F.
- ☐ Toss sweet potatoes with 2 tablespoons oil and 1/4 teaspoon salt in a shallow baking pan. Arrange potatoes in 1 layer and roast, stirring halfway through roasting, until tender, about 25 minutes total. Stir together cayenne, zest, and remaining 1/2 teaspoon salt in a small bowl.
- ☐ Whisk together lime juice and remaining tablespoon oil in a medium bowl, then add potatoes.
- ☐ Sprinkle with cayenne mixture and cilantro, stirring gently to combine.

## Nutrition Facts



## Properties

Glycemic Index:38.5, Glycemic Load:22.54, Inflammation Score:-10, Nutrition Score:15.443478252577%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg 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: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

## Nutrients (% of daily need)

Calories: 289.5kcal (14.48%), Fat: 10.64g (16.37%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 46.08g (15.36%), Net Carbohydrates: 39.19g (14.25%), Sugar: 9.57g (10.63%), Cholesterol: 0mg (0%), Sodium: 561.55mg (24.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.23%), Vitamin A: 32297.07IU (645.94%), Manganese: 0.59mg (29.69%), Fiber: 6.89g (27.55%), Vitamin B6: 0.48mg (24%), Potassium: 776.87mg (22.2%), Vitamin B5: 1.83mg (18.25%), Copper: 0.35mg (17.33%), Vitamin E: 2.17mg (14.49%), Magnesium: 57.48mg (14.37%), Vitamin K: 13.63µg (12.98%), Vitamin B1: 0.18mg (11.93%), Phosphorus: 108.01mg (10.8%), Vitamin C: 7.01mg (8.49%), Vitamin B2: 0.14mg (8.34%), Iron: 1.48mg (8.21%), Calcium: 69.88mg (6.99%), Folate: 26.1µg (6.52%), Vitamin B3: 1.29mg

(6.46%), Zinc: 0.69mg (4.62%), Selenium: 1.39µg (1.98%)