



HEALTH SCORE

81%

Poblano Sweet Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



483 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup arugula fresh
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 2 lime
- ☐ 2 tablespoons olive oil
- ☐ 2 poblano pepper chopped
- ☐ 0.5 cup onion red chopped (1 small)
- ☐ 4 servings salt
- ☐ 4 lb sweet potatoes and into (4)

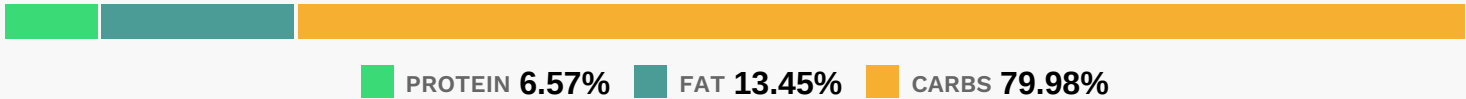
Equipment

☐ frying pan

Directions

- ☐ Place chopped onion in small dish of very cold water; set aside.
- ☐ Peel sweet potatoes; cut into 1-inch cubes. Cook sweet potatoes in boiling water 10 minutes or until easily pierced with fork.
- ☐ Drain.
- ☐ In 10- to 12-inch skillet, cook chiles over high heat 3 minutes or until skin begins to blacken.
- ☐ Add sweet potatoes; cook 3 minutes.
- ☐ Remove from heat.
- ☐ Stir in arugula, oil and juice from 1 of the limes.
- ☐ Drain onion; stir into salad.
- ☐ Transfer mixture to covered dish; refrigerate 1 hour or until chilled.
- ☐ Stir cilantro into salad. Season to taste with salt and juice from second lime.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:46.47, Inflammation Score:-10, Nutrition Score:31.0304350231%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 2.91mg, Luteolin: 2.91mg, Luteolin: 2.91mg, Luteolin: 2.91mg Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 482.77kcal (24.14%), Fat: 7.44g (11.44%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 99.54g (33.18%), Net Carbohydrates: 83.57g (30.39%), Sugar: 21.86g (24.29%), Cholesterol: 0mg (0%), Sodium: 447.8mg (19.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.17g (16.35%), Vitamin A: 64715.25IU (1294.31%), Vitamin C: 70.6mg (85.57%), Manganese: 1.28mg (64.21%), Fiber: 15.97g (63.86%), Vitamin B6: 1.12mg (56.15%), Potassium: 1710.65mg (48.88%), Vitamin B5: 3.8mg (38.02%), Copper: 0.76mg (37.9%), Magnesium: 124.8mg (31.2%), Vitamin B1: 0.41mg (27.25%), Phosphorus: 238.7mg (23.87%), Vitamin K: 22.89µg (21.8%), Iron: 3.31mg (18.37%), Vitamin B2: 0.31mg (18.19%), Vitamin E: 2.52mg (16.81%), Folate: 65.37µg (16.34%), Calcium: 162.54mg (16.25%), Vitamin B3: 2.92mg (14.61%), Zinc: 1.53mg (10.17%), Selenium: 2.97µg (4.25%)