



Power Salad

 Vegetarian  Gluten Free

READY IN



52 min.

SERVINGS



10

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup yogurt plain fat-free
- 2 pounds granny smith apples cut into 1/2-inch cubes (4 medium)
- 2 tablespoons juice of lime fresh
- 3 tablespoons mayonnaise reduced-fat
- 2 tablespoons no-calorie sweetener
- 3 tablespoons raisins
- 0.3 teaspoon salt
- 2.3 pounds sweet potatoes peeled cut into 1/2-inch cubes (4 medium)

0.3 cup walnuts chopped

Equipment

bowl

frying pan

dutch oven

colander

steamer basket

Directions

Heat nuts in a small nonstick skillet over medium-low heat, stirring often, 8 to 10 minutes or until lightly toasted and fragrant.

Arrange sweet potatoes in a steamer basket or stainless-steel colander in a 4- to 6-qt. Dutch oven over boiling water. Cover and steam 16 to 17 minutes or until potatoes are fork tender. Plunge potatoes into ice water to stop the cooking process; drain.

Place apples in large bowl.

Sprinkle with lime juice and no-calorie sweetener; toss gently to coat. Stir in sweet potatoes, raisins, salt, and 3 Tbsp. walnuts.

Stir together yogurt and mayonnaise.

Add yogurt mixture to sweet potato mixture, tossing gently to coat.

Sprinkle with remaining 1 Tbsp. walnuts. Cover and chill 2 to 12 hours.

Note: For testing purposes only, we used Splenda No Calorie Sweetener.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:15.65, Inflammation Score:-10, Nutrition Score:11.957391350166%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.83mg, Epicatechin: 6.83mg, Epicatechin: 6.83mg, Epicatechin: 6.83mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 187.02kcal (9.35%), Fat: 3.09g (4.76%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 39.11g (13.04%), Net Carbohydrates: 33.36g (12.13%), Sugar: 15.4g (17.11%), Cholesterol: 0.92mg (0.31%), Sodium: 160.72mg (6.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.25%), Vitamin A: 14533.88IU (290.68%), Fiber: 5.75g (23.01%), Manganese: 0.41mg (20.43%), Potassium: 527.11mg (15.06%), Vitamin B6: 0.28mg (14.12%), Copper: 0.24mg (12.11%), Vitamin B5: 0.98mg (9.75%), Magnesium: 38.67mg (9.67%), Vitamin C: 7.91mg (9.59%), Phosphorus: 91.72mg (9.17%), Vitamin B1: 0.12mg (7.8%), Vitamin B2: 0.13mg (7.5%), Calcium: 65.27mg (6.53%), Vitamin K: 6.21µg (5.91%), Iron: 0.95mg (5.3%), Folate: 18.89µg (4.72%), Zinc: 0.57mg (3.77%), Vitamin B3: 0.75mg (3.77%), Vitamin E: 0.55mg (3.65%), Selenium: 1.34µg (1.91%), Vitamin B12: 0.07µg (1.25%)