



HEALTH SCORE

64%

Roasted Sweet Potato and Black Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

Ingredients



4 cups baby arugula



1 tablespoon balsamic vinegar



0.5 teaspoon pepper black divided freshly ground



15 ounces black beans rinsed drained canned



1 cup cherry tomatoes halved



0.3 cup mint leaves fresh chopped



1 tablespoon garlic finely chopped



0.3 cup juice of lime fresh for garnish

- ☐ 0.5 cup bell pepper red thinly sliced
- ☐ 1 teaspoon salt divided
- ☐ 0.5 cup spring onion thinly sliced
- ☐ 1.5 pounds sweet potatoes and into peeled cut into 1-inch pieces

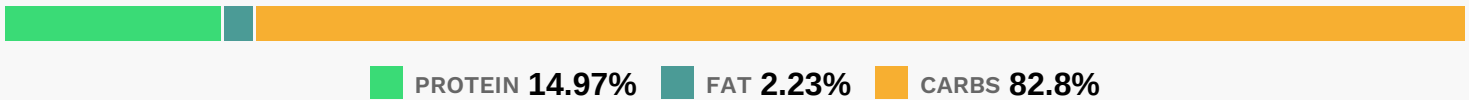
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375°. On a baking sheet coated with cooking spray, place potatoes in a layer; sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Bake until tender, 15 minutes; let cool. In a bowl, whisk juice, vinegar, garlic, remaining 1/2 teaspoon salt and remaining 1/4 teaspoon pepper.
- ☐ Add potatoes, beans, tomatoes, bell pepper, scallions and mint; toss; serve over arugula, and garnish with lime wedges.
- ☐ calories, 2 grams fat, 0 grams saturated fat, 58 grams carbohydrate, 14 grams fiber, 11 grams protein
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:66.5, Glycemic Load:18, Inflammation Score:-10, Nutrition Score:26.773478072623%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 1.74mg, Hesperetin: 1.74mg, Hesperetin: 1.74mg, Hesperetin: 1.74mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg

0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.18mg, Kaempferol: 7.18mg, Kaempferol: 7.18mg, Kaempferol: 7.18mg
Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.35mg, Quercetin:
3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 277.11kcal (13.86%), Fat: 0.71g (1.09%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 59.43g (19.81%), Net
Carbohydrates: 45.23g (16.45%), Sugar: 10.4g (11.55%), Cholesterol: 0mg (0%), Sodium: 1098.17mg (47.75%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.74g (21.48%), Vitamin A: 25668.87IU (513.38%), Vitamin C:
50.99mg (61.81%), Fiber: 14.2g (56.8%), Vitamin K: 53.23µg (50.69%), Manganese: 0.95mg (47.48%), Potassium:
1184.44mg (33.84%), Folate: 130.26µg (32.57%), Vitamin B6: 0.56mg (27.8%), Copper: 0.54mg (27.24%),
Magnesium: 102.85mg (25.71%), Phosphorus: 234.13mg (23.41%), Iron: 4.16mg (23.13%), Vitamin B1: 0.33mg (22.12%),
Vitamin B5: 1.81mg (18.07%), Vitamin B2: 0.3mg (17.5%), Calcium: 152.04mg (15.2%), Vitamin B3: 2.22mg (11.08%),
Zinc: 1.41mg (9.4%), Vitamin E: 1.14mg (7.58%), Selenium: 3.06µg (4.36%)