



Roasted Sweet Potato and Orange Salad



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounce prewashed baby spinach
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 garlic clove minced
- ☐ 3 garlic cloves crushed unpeeled
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons olive oil

- ☐ 3 tablespoons orange juice fresh
- ☐ 3 cups orange sections (6 oranges)
- ☐ 3 tablespoons pinenuts toasted
- ☐ 0.5 cup onion red vertically sliced
- ☐ 1 tablespoon rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon mustard stone-ground
- ☐ 1.5 pounds sweet potatoes and into peeled cut into 3/4-inch pieces

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ To prepare salad, combine first 4 ingredients, tossing well.
- ☐ Place potato mixture on a jelly-roll pan lined with parchment paper.
- ☐ Bake at 400 for 40 minutes, stirring occasionally.
- ☐ Remove from oven; cool. Discard garlic.
- ☐ Combine potato mixture, orange sections, onion, pine nuts, and spinach in a large bowl.
- ☐ To prepare dressing, combine orange juice and remaining ingredients in a small bowl, stirring well with a whisk.
- ☐ Drizzle dressing over salad; toss gently to coat.

Nutrition Facts



 **PROTEIN 6.77%**  **FAT 32.67%**  **CARBS 60.56%**

Properties

Glycemic Index:43.78, Glycemic Load:10.45, Inflammation Score:-10, Nutrition Score:17.605652083521%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 15.32mg, Hesperetin: 15.32mg, Hesperetin: 15.32mg, Hesperetin: 15.32mg Naringenin: 8.43mg, Naringenin: 8.43mg, Naringenin: 8.43mg, Naringenin: 8.43mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 155.08kcal (7.75%), Fat: 5.91g (9.09%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 24.63g (8.21%), Net Carbohydrates: 20.53g (7.46%), Sugar: 10.6g (11.78%), Cholesterol: 0mg (0%), Sodium: 126.38mg (5.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.51%), Vitamin A: 11387.7IU (227.75%), Vitamin K: 87.33µg (83.17%), Vitamin C: 38.74mg (46.96%), Manganese: 0.65mg (32.7%), Fiber: 4.1g (16.41%), Folate: 61.16µg (15.29%), Potassium: 471.97mg (13.48%), Vitamin B6: 0.24mg (11.97%), Magnesium: 46.09mg (11.52%), Copper: 0.2mg (10.05%), Vitamin E: 1.43mg (9.52%), Vitamin B1: 0.14mg (9.19%), Vitamin B5: 0.73mg (7.35%), Phosphorus: 72.13mg (7.21%), Iron: 1.22mg (6.75%), Calcium: 66mg (6.6%), Vitamin B2: 0.11mg (6.43%), Vitamin B3: 0.84mg (4.19%), Zinc: 0.57mg (3.82%), Selenium: 1.62µg (2.32%)