



Roasted Sweet Potato Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups carrots chopped
- ☐ 1 tablespoon olive oil
- ☐ 2.5 cups onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 pound sweet potatoes and into peeled chopped
- ☐ 0.3 cup tahini sesame-seed paste

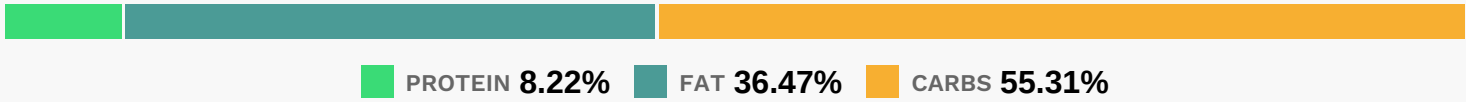
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 4 ingredients in a large bowl.
- ☐ Place sweet potato mixture on a jelly-roll pan; bake at 350 for 1 hour or until sweet potatoes are tender.
- ☐ Combine sweet potato mixture, tahini, salt, and pepper in a food processor, and process until smooth.
- ☐ Serve with breadsticks, if desired.

Nutrition Facts



Properties

Glycemic Index:3.41, Glycemic Load:1.24, Inflammation Score:-8, Nutrition Score:2.8352174266525%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 23.09kcal (1.15%), Fat: 0.98g (1.5%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 3.33g (1.11%), Net Carbohydrates: 2.74g (1%), Sugar: 0.94g (1.04%), Cholesterol: 0mg (0%), Sodium: 20.85mg (0.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (0.99%), Vitamin A: 2009.92IU (40.2%), Fiber: 0.6g (2.39%), Vitamin B1: 0.03mg (2.25%), Manganese: 0.04mg (2.08%), Copper: 0.04mg (1.98%), Vitamin B6: 0.04mg (1.86%), Phosphorus: 18.14mg (1.81%), Potassium: 62.62mg (1.79%), Vitamin C: 1.13mg (1.37%), Magnesium: 4.87mg (1.22%), Folate: 4.61µg (1.15%)