



Roasted Sweet Potato, Fennel, and Onion Salad

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



448 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 4 cups peasant bread cubed toasted (1-inch) (5 ounces)
- 2 tablespoons butter melted
- 8 ounces fennel bulb thinly sliced
- 2 tablespoons cilantro leaves fresh chopped
- 2 garlic cloves crushed
- 0.5 teaspoon ground cumin

- 1 tablespoon juice of lime fresh
- 2 teaspoons olive oil
- 2 tablespoons orange juice fresh
- 1.5 pounds onions red peeled quartered
- 0.5 teaspoon salt
- 3 cups sweet potatoes and into cubed peeled (1-inch) ()

Equipment

- bowl
- oven
- whisk
- roasting pan

Directions

- Preheat oven to 400
- Combine the first 6 ingredients in a jelly roll pan or shallow roasting pan coated with cooking spray; toss to coat.
- Bake at 400 for 35 minutes or until the vegetables are tender, stirring every 10 minutes.
- Combine vegetables and bread in a large bowl.
- Combine chopped cilantro and remaining ingredients, stirring mixture with a whisk.
- Drizzle juice mixture over vegetable mixture, tossing gently to combine.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.71, Glycemic Load:37.74, Inflammation Score:-10, Nutrition Score:26.649999767866%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 17.42mg, Quercetin: 17.42mg, Quercetin: 17.42mg, Quercetin: 17.42mg

Nutrients (% of daily need)

Calories: 447.91kcal (22.4%), Fat: 9.41g (14.47%), Saturated Fat: 2.84g (17.73%), Carbohydrates: 77.19g (25.73%), Net Carbohydrates: 68.57g (24.93%), Sugar: 13.99g (15.54%), Cholesterol: 7.53mg (2.51%), Sodium: 773.45mg (33.63%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 14.87g (29.75%), Vitamin A: 7223.47IU (144.47%), Manganese: 1.73mg (86.45%), Selenium: 35.15µg (50.21%), Vitamin B1: 0.57mg (38.26%), Vitamin B3: 7.2mg (36.02%), Fiber: 8.62g (34.46%), Folate: 131.52µg (32.88%), Iron: 5.07mg (28.16%), Vitamin K: 26.13µg (24.89%), Phosphorus: 218.62mg (21.86%), Vitamin B2: 0.36mg (21.46%), Calcium: 200.82mg (20.08%), Magnesium: 75.76mg (18.94%), Vitamin B6: 0.36mg (18.18%), Vitamin C: 14.09mg (17.08%), Potassium: 594.58mg (16.99%), Vitamin B5: 1.56mg (15.6%), Copper: 0.31mg (15.46%), Zinc: 1.6mg (10.7%), Vitamin E: 0.77mg (5.17%)