



## Roasted Sweet Potato Mango Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



378 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 large avocado pitted peeled chopped
- 2 tablespoons brown sugar
- 0.8 cup cilantro leaves fresh chopped
- 1 green onion chopped
- 0.5 teaspoon ground pepper black
- 0.5 habanero pepper minced seeded
- 1 juice of lemon juiced
- 2 large mangoes peeled seeded chopped

- 3 tablespoons olive oil
- 0.8 cup onion minced
- 0.5 teaspoon salt
- 1 teaspoon sea salt
- 4 large sweet potatoes cut into cubes

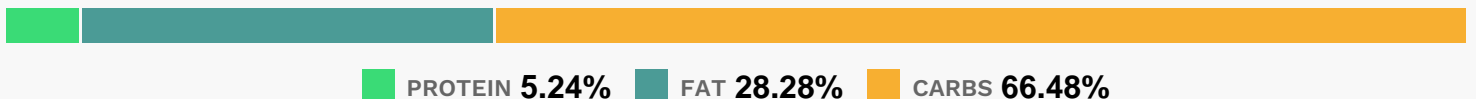
## Equipment

- bowl
- baking sheet
- oven
- whisk

## Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Spread sweet potatoes onto a baking sheet; spray with cooking spray and season with 1/2 teaspoon salt and 1/2 teaspoon black pepper.
- Roast potatoes in the preheated oven until soft, about 20 minutes.
- Transfer potatoes to a plate and refrigerate until cooled completely.
- Whisk lemon juice, olive oil, brown sugar, sea salt, and 1/2 teaspoon black pepper together in a bowl; let rest for at least 5 minutes.
- Mix chilled sweet potatoes, mangoes, onion, cilantro, avocado, green onion, and habanero pepper together in a large bowl.
- Drizzle dressing over potato mixture and toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:52.96, Glycemic Load:28.03, Inflammation Score:-10, Nutrition Score:22.437825959662%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg

## **Nutrients (% of daily need)**

Calories: 377.96kcal (18.9%), Fat: 12.36g (19.01%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 65.35g (21.78%), Net Carbohydrates: 54.68g (19.89%), Sugar: 24.11g (26.79%), Cholesterol: 0mg (0%), Sodium: 712.53mg (30.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.3%), Vitamin A: 33117.14IU (662.34%), Vitamin C: 39.43mg (47.8%), Fiber: 10.67g (42.66%), Manganese: 0.74mg (37.04%), Vitamin B6: 0.68mg (33.94%), Potassium: 1102.96mg (31.51%), Vitamin K: 29.04µg (27.65%), Copper: 0.5mg (25.14%), Vitamin B5: 2.47mg (24.68%), Folate: 89.32µg (22.33%), Vitamin E: 2.99mg (19.95%), Magnesium: 77.35mg (19.34%), Vitamin B1: 0.23mg (15.48%), Phosphorus: 142.29mg (14.23%), Vitamin B2: 0.22mg (12.94%), Vitamin B3: 2.38mg (11.92%), Iron: 1.89mg (10.48%), Calcium: 91.89mg (9.19%), Zinc: 1.02mg (6.78%), Selenium: 2.1µg (3.01%)