



Roasted Sweet Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



98 kcal

SIDE DISH

Ingredients

- 3 stalks celery chopped
- 0.3 cup 1/3 cup kraft zesty italian dressing italian divided kraft
- 3 Tbsp real mayo mayonnaise kraft
- 0.3 cup onions red chopped
- 1.5 lb sweet potatoes cubed peeled (3)
- 0.5 cup planters walnuts toasted chopped

Equipment

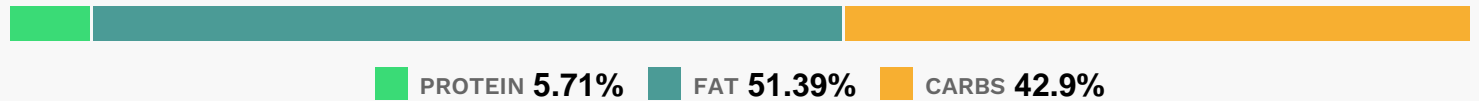
- bowl

- frying pan
- oven
- aluminum foil

Directions

- Heat oven to 400F.
- Toss potatoes with 3 Tbsp. dressing; spread onto bottom of shallow foil-lined pan.
- Bake 25 to 30 min. or until potatoes are tender, stirring after 15 min. Cool completely.
- Mix mayo and remaining dressing in large bowl until blended.
- Add potatoes, celery, nuts and onions; toss to evenly coat.

Nutrition Facts



Properties

Glycemic Index:12.47, Glycemic Load:4.66, Inflammation Score:-10, Nutrition Score:8.0334782640895%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 98kcal (4.9%), Fat: 5.75g (8.84%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 10.79g (3.6%), Net Carbohydrates: 9g (3.27%), Sugar: 2.8g (3.1%), Cholesterol: 1.16mg (0.39%), Sodium: 100.91mg (4.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.87%), Vitamin A: 6475.54IU (129.51%), Manganese: 0.26mg (13.18%), Vitamin K: 10.7µg (10.19%), Fiber: 1.8g (7.18%), Copper: 0.14mg (6.79%), Vitamin B6: 0.13mg (6.42%), Potassium: 199.69mg (5.71%), Magnesium: 18.94mg (4.73%), Vitamin B5: 0.41mg (4.13%), Phosphorus: 38.87mg (3.89%), Vitamin B1: 0.05mg (3.53%), Folate: 12.34µg (3.08%), Vitamin E: 0.37mg (2.48%), Iron: 0.43mg (2.4%), Vitamin B2: 0.04mg (2.31%), Calcium: 22.14mg (2.21%), Vitamin C: 1.61mg (1.95%), Zinc: 0.28mg (1.86%), Vitamin B3: 0.33mg (1.66%)