



Roasted Sweet Potato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



297 kcal

SIDE DISH

Ingredients

- 3 pounds sweet potatoes and into
- 0.3 cup olive oil extra virgin
- 1 inch chipotles in adobo pureed
- 1 teaspoon balsamic vinegar
- 2 teaspoons salt
- 0.3 teaspoon pepper
- 1 cup cranberries dried
- 0.5 cup pecans chopped

2 tablespoons chives fresh chopped

Equipment

bowl

baking sheet

oven

Directions

Preheat oven to 400 degrees (convection works best).

Peel and cut potatoes into 1 pieces.

Toss to coat with 2 tablespoon of olive oil.

Arrange in a single layer on two baking sheets

Roast for 35 minutes

Mix 2 tablespoons oil, pepper puree, vinegar, salt and pepper to make a dressing

Combine cranberries, pecans, chives and cooked sweet potatoes in a medium bowl, drizzle with dressing, cover. Refrigerate until chilled.

Nutrition Facts



PROTEIN 4.29% **FAT 33.52%** **CARBS 62.19%**

Properties

Glycemic Index:24.38, Glycemic Load:16.98, Inflammation Score:-10, Nutrition Score:14.466086956522%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg

Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 296.52kcal (14.83%), Fat: 11.46g (17.63%), Saturated Fat: 1.36g (8.5%), Carbohydrates: 47.86g (15.95%),
Net Carbohydrates: 41.29g (15.02%), Sugar: 18.48g (20.54%), Cholesterol: 0mg (0%), Sodium: 676mg (29.39%),
Protein: 3.3g (6.6%), Vitamin A: 24168.15IU (483.36%), Manganese: 0.77mg (38.53%), Fiber: 6.57g (26.27%), Vitamin
B6: 0.38mg (18.77%), Potassium: 609.96mg (17.43%), Copper: 0.34mg (17.16%), Vitamin B5: 1.45mg (14.5%),
Magnesium: 51.13mg (12.78%), Vitamin E: 1.82mg (12.14%), Vitamin B1: 0.18mg (11.74%), Phosphorus: 98.95mg
(9.89%), Vitamin K: 10.19µg (9.71%), Iron: 1.33mg (7.37%), Vitamin B2: 0.12mg (6.88%), Calcium: 58.29mg (5.83%),
Vitamin C: 4.62mg (5.6%), Vitamin B3: 1.11mg (5.54%), Zinc: 0.81mg (5.42%), Folate: 20.87µg (5.22%), Selenium:
1.36µg (1.94%)