



Roasted Sweet Potato Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



189 kcal

SIDE DISH

Ingredients

- ☐ 1.5 lb sweet potatoes and into peeled cut into 1 1/4-inch cubes
- ☐ 2 tablespoons butter melted
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons raspberry jelly seedless
- ☐ 1 teaspoon brown sugar packed
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 teaspoon ground cinnamon

☐ 1 Dash pepper red crushed

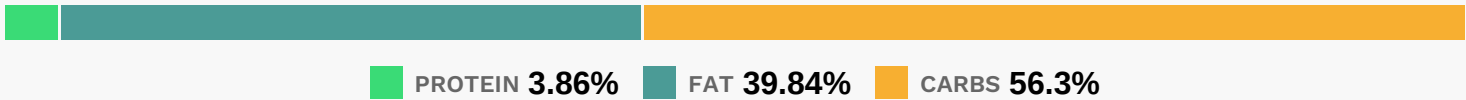
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Adjust oven rack to middle position.
- ☐ Heat oven to 400°F.
- ☐ In large bowl, toss sweet potato cubes with butter and salt.
- ☐ Spread sweet potatoes on cookie sheet and roast 20 minutes. Use pancake turner to turn potatoes over. Roast 10 to 15 minutes longer or until evenly browned and cooked through but not mushy.
- ☐ Remove from oven and transfer to large bowl.
- ☐ Meanwhile, in 1-quart saucepan, heat oil, jam, brown sugar, lemon juice, cinnamon and red pepper to boiling, stirring until jam melts.
- ☐ Pour dressing over hot sweet potatoes and toss gently to coat. Cool slightly and serve warm.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:13, Inflammation Score:-10, Nutrition Score:10.05391303871%

Flavonoids

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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg
Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 189.1kcal (9.45%), Fat: 8.53g (13.12%), Saturated Fat: 3.07g (19.16%), Carbohydrates: 27.11g (9.04%), Net
Carbohydrates: 23.59g (8.58%), Sugar: 7.78g (8.65%), Cholesterol: 10.03mg (3.34%), Sodium: 288.27mg (12.53%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Vitamin A: 16209.9IU (324.2%), Manganese:
0.31mg (15.54%), Fiber: 3.52g (14.07%), Vitamin B6: 0.24mg (12.06%), Potassium: 393.67mg (11.25%), Vitamin B5:
0.92mg (9.21%), Copper: 0.18mg (8.88%), Vitamin E: 1.1mg (7.31%), Magnesium: 29.07mg (7.27%), Vitamin C: 5.07mg
(6.15%), Vitamin B1: 0.09mg (6.05%), Phosphorus: 55.83mg (5.58%), Vitamin K: 5.22µg (4.97%), Vitamin B2:
0.08mg (4.43%), Iron: 0.76mg (4.23%), Calcium: 37.98mg (3.8%), Folate: 14.14µg (3.54%), Vitamin B3: 0.64mg
(3.22%), Zinc: 0.35mg (2.35%), Selenium: 0.84µg (1.2%)