



## Roasted Sweet Potato Salad



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



221 kcal

SIDE DISH

### Ingredients

- ☐ 6 oz baby spinach
- ☐ 8 servings warm bacon dressing
- ☐ 2 garlic cloves crushed
- ☐ 2 tablespoons olive oil
- ☐ 2 large onions
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds sweet potatoes

☐

8 servings garnish: crumbled cooked

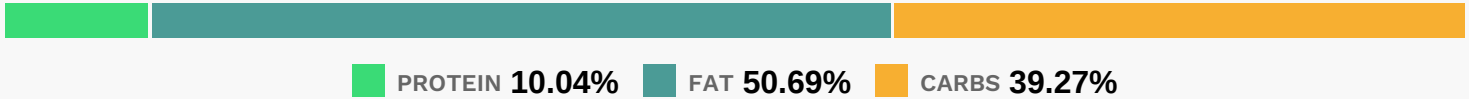
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

## Directions

- ☐ Peel sweet potatoes, and cut into 1-inch cubes.
- ☐ Cut onions into quarters, and cut each quarter in half.
- ☐ Toss together sweet potatoes, onions, crushed garlic, and 2 Tbsp. olive oil; place on a lightly greased aluminum foil-lined 15- x 11-inch jelly-roll pan.
- ☐ Sprinkle evenly with salt and pepper.
- ☐ Bake, stirring occasionally, at 400 for 45 minutes or until tender and lightly brown.
- ☐ Serve over spinach, and drizzle with Warm Bacon Dressing.
- ☐ Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:22.38, Glycemic Load:9.4, Inflammation Score:-10, Nutrition Score:17.345217370469%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg

## Nutrients (% of daily need)

Calories: 220.71kcal (11.04%), Fat: 12.62g (19.41%), Saturated Fat: 3.6g (22.49%), Carbohydrates: 22g (7.33%), Net Carbohydrates: 18.29g (6.65%), Sugar: 5.24g (5.83%), Cholesterol: 15.95mg (5.32%), Sodium: 386.28mg (16.79%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.24%), Vitamin A: 14069.23IU (281.38%), Vitamin K: 106.7µg (101.62%), Manganese: 0.49mg (24.49%), Vitamin B6: 0.33mg (16.62%), Fiber: 3.7g (14.82%), Potassium: 508.3mg (14.52%), Folate: 57.77µg (14.44%), Vitamin C: 11.02mg (13.36%), Magnesium: 44.85mg (11.21%), Vitamin B1: 0.16mg (10.84%), Phosphorus: 94.29mg (9.43%), Copper: 0.18mg (9.2%), Vitamin B5: 0.87mg (8.69%), Vitamin E: 1.26mg (8.4%), Vitamin B3: 1.56mg (7.81%), Selenium: 5.45µg (7.78%), Iron: 1.31mg (7.28%), Vitamin B2: 0.12mg (7.12%), Calcium: 58.33mg (5.83%), Zinc: 0.7mg (4.68%), Vitamin B12: 0.11µg (1.83%)