



Roasted Sweet Potato Salad



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



10

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cranberries dried
- ☐ 0.8 cup canola cholesterol free mayonnaise best foods®
- ☐ 1 medium apples i use 2 granny smith apples cored cut into 1/4-inch cubes
- ☐ 2 pounds yams peeled cut into 1/2-inch cubes

Equipment

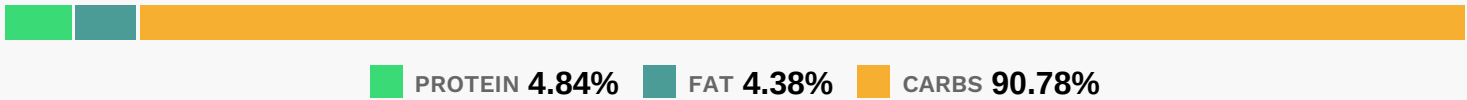
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ In medium bowl, toss potatoes with 2 tablespoons Hellmann's or Best Foods Canola Cholesterol Free Mayonnaise. On baking sheet, evenly spread potatoes.
- ☐ Bake, stirring once, 30 minutes or until potatoes are tender; cool completely. In large bowl, combine potatoes, apple, cranberries and remaining Mayonnaise; toss to coat. Chill, if desired. Tip: For an extra special twist, add Sweetened Pecans. In 12-inch nonstick skillet, cook 1 cup chopped pecans with 6 tablespoons sugar, stirring constantly, 5 minutes or until sugar browns.
- ☐ Spread pecan mixture onto greased aluminum foil.
- ☐ Let cool. Break into bite-size pieces, add to salad just before serving. This recipe is an Eat Smart recipe. Eat Smart recipes can help reduce your intake of saturated fats, trans fats, sugars, sodium and cholesterol. Nutrition Information per serving without Sweetened Pecans:Calories 160, Calories From Fat 50, Saturated Fat 0g, Trans Fat 0g, Total Fat 6g, Cholesterol 0mg, Sodium 160mg, Total Carbohydrate 26g, Sugars 9g, Dietary Fiber 3g, Protein 2g, Vitamin A 260%, Vitamin C 4%, Calcium 2%, Iron 4%

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:9.67, Inflammation Score:-10, Nutrition Score:9.117391301238%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.01mg

Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 120.7kcal (6.04%), Fat: 0.61g (0.94%), Saturated Fat: 0.13g (0.82%), Carbohydrates: 28.47g (9.49%), Net Carbohydrates: 24.66g (8.97%), Sugar: 11.87g (13.19%), Cholesterol: 1.56mg (0.52%), Sodium: 186.9mg (8.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.03%), Vitamin A: 12880.06IU (257.6%), Fiber: 3.81g (15.23%), Manganese: 0.26mg (13.01%), Vitamin B6: 0.2mg (9.97%), Potassium: 336.65mg (9.62%), Vitamin B5: 0.75mg (7.5%), Copper: 0.15mg (7.46%), Vitamin K: 6.77µg (6.45%), Magnesium: 24.18mg (6.04%), Vitamin B1: 0.07mg (4.98%), Phosphorus: 45.99mg (4.6%), Vitamin B2: 0.06mg (3.78%), Vitamin C: 3.03mg (3.67%), Iron: 0.62mg (3.44%), Calcium: 29.89mg (2.99%), Vitamin B3: 0.56mg (2.78%), Vitamin E: 0.4mg (2.69%), Folate: 10.52µg (2.63%), Zinc: 0.29mg (1.96%)