



HEALTH SCORE

59%

Roasted Sweet Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



65 min.

SERVINGS



6

CALORIES



272 kcal

SIDE DISH

Ingredients



1 avocado halved thinly sliced



5 oz baby arugula



0.5 cup torn basil fresh



1 tablespoon caribbean jerk seasoning



2 tablespoons juice of lime fresh



1 mangos diced peeled



4 tablespoons olive oil divided



0.5 bell pepper red sliced

- ☐ 0.5 small onion red sliced
- ☐ 0.3 teaspoon salt
- ☐ 24 oz steam-in-bag petite sweet potatoes fresh

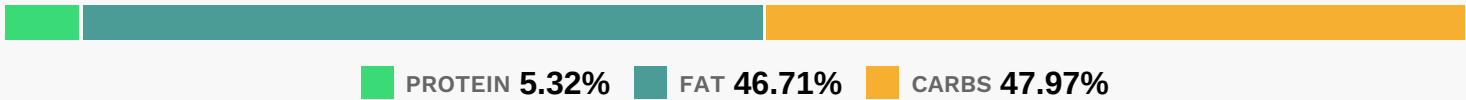
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 42
- ☐ Cut potatoes in half lengthwise; toss with jerk seasoning and 1 Tbsp. oil. Arrange, cut sides down, in a single layer on a lightly greased baking sheet.
- ☐ Bake 15 minutes; turn and bake 8 to 10 minutes or until tender. Cool on a wire rack 20 minutes.
- ☐ Whisk together lime juice, salt, and remaining 3 Tbsp. oil in a large bowl.
- ☐ Add arugula and next 5 ingredients, and toss to coat. Arrange on a platter; top with potatoes.

Nutrition Facts



Properties

Glycemic Index:51.79, Glycemic Load:14.38, Inflammation Score:-10, Nutrition Score:19.584347704183%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg Kaempferol: 8.33mg, Kaempferol: 8.33mg, Kaempferol: 8.33mg, Kaempferol: 8.33mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 271.95kcal (13.6%), Fat: 14.85g (22.84%), Saturated Fat: 2.12g (13.24%), Carbohydrates: 34.3g (11.43%), Net Carbohydrates: 26.84g (9.76%), Sugar: 11.16g (12.4%), Cholesterol: 0mg (0%), Sodium: 191.33mg (8.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.61%), Vitamin A: 17884.61IU (357.69%), Vitamin K: 52.16µg (49.67%), Vitamin C: 37.41mg (45.35%), Fiber: 7.46g (29.83%), Manganese: 0.51mg (25.37%), Vitamin E: 3.44mg (22.92%), Vitamin B6: 0.45mg (22.71%), Potassium: 761.93mg (21.77%), Folate: 85.9µg (21.47%), Vitamin B5: 1.61mg (16.09%), Copper: 0.32mg (15.94%), Magnesium: 58.39mg (14.6%), Vitamin B2: 0.17mg (10.11%), Phosphorus: 98.89mg (9.89%), Vitamin B1: 0.15mg (9.72%), Iron: 1.69mg (9.39%), Calcium: 91.23mg (9.12%), Vitamin B3: 1.8mg (9.02%), Zinc: 0.81mg (5.43%), Selenium: 1.43µg (2.04%)