



Roasted Sweet Potato Salad with Cranberry-Chipotle Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



220 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 7 ounce chipotles in adobo canned
- ☐ 0.8 cup cranberries fresh
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 0.8 cup spring onion chopped
- ☐ 2 teaspoons honey
- ☐ 0.8 teaspoon kosher salt

- ☐ 3 tablespoons olive oil divided
- ☐ 0.5 cup pumpkin seeds (pumpkinseeds)
- ☐ 2.5 pounds sweet potatoes and into peeled cut into 2-inch pieces
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ potato masher

Directions

- ☐ Preheat oven to 45
- ☐ Place sweet potatoes on a large jelly-roll pan.
- ☐ Drizzle with 2 tablespoons oil, and sprinkle with salt and pepper; toss to coat.
- ☐ Bake at 450 for 30 minutes or until tender, turning after 15 minutes.
- ☐ Place remaining 1 tablespoon oil, cranberries, water, and honey in a saucepan.
- ☐ Remove 1 or 2 chiles from can; finely chop to equal 1 tablespoon.
- ☐ Add chopped chipotle and 1 teaspoon adobo sauce to pan (reserve remaining chiles and sauce for another use).
- ☐ Place pan over medium-low heat; bring to a boil. Cover, reduce heat, and cook 10 minutes or until cranberries pop, stirring occasionally.
- ☐ Remove from heat. Mash with a potato masher or fork until chunky.
- ☐ Place pepitas in a medium skillet; cook over medium heat 4 minutes or until lightly browned, shaking pan frequently.
- ☐ Combine potatoes, pepitas, onions, and cilantro in a bowl.
- ☐ Add cranberry mixture to bowl; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:32.66, Glycemic Load:15.36, Inflammation Score:-10, Nutrition Score:14.787826056066%

Flavonoids

Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.61mg, Peonidin: 4.61mg, Peonidin: 4.61mg, Peonidin: 4.61mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg 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: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 220.27kcal (11.01%), Fat: 7.32g (11.26%), Saturated Fat: 1.1g (6.89%), Carbohydrates: 36.44g (12.15%), Net Carbohydrates: 28.83g (10.48%), Sugar: 9.7g (10.77%), Cholesterol: 0mg (0%), Sodium: 298.99mg (13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Vitamin A: 20245.13IU (404.9%), Manganese: 0.62mg (30.81%), Fiber: 7.6g (30.41%), Vitamin K: 27.63µg (26.32%), Vitamin B6: 0.31mg (15.73%), Potassium: 548.7mg (15.68%), Magnesium: 62.01mg (15.5%), Copper: 0.29mg (14.28%), Phosphorus: 120.95mg (12.09%), Vitamin B5: 1.2mg (12.04%), Iron: 2.03mg (11.29%), Vitamin E: 1.4mg (9.34%), Vitamin B1: 0.13mg (8.55%), Vitamin C: 6.7mg (8.12%), Vitamin B2: 0.1mg (6.1%), Folate: 24.37µg (6.09%), Calcium: 53.27mg (5.33%), Vitamin B3: 1.06mg (5.28%), Zinc: 0.79mg (5.28%), Selenium: 1.32µg (1.88%)