



WHATSheATE



HEALTH SCORE

62%

Roasted Sweet Potatoes and Broccolini



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



145 kcal

SIDE DISH

Ingredients



0.3 teaspoon pepper black freshly ground



6 ounces broccoli trimmed



0.3 teaspoon pepper red crushed



2 teaspoons thyme sprigs fresh chopped



0.3 teaspoon kosher salt



1 tablespoon olive oil extra virgin extra-virgin



1 pound sweet potatoes and into peeled thinly sliced

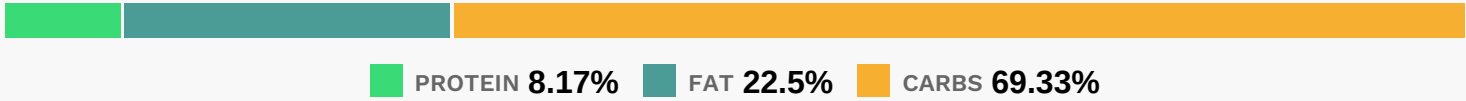
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425
- ☐ Combine 1 tablespoon extra-virgin olive oil, thyme, 1/4 teaspoon kosher salt, freshly ground black pepper, and sweet potatoes in a large bowl, tossing to coat sweet potatoes evenly.
- ☐ Place sweet potatoes on a jelly-roll pan, and bake at 425 for 16 minutes.
- ☐ Combine 1 tablespoon extra-virgin olive oil, 1/4 teaspoon kosher salt, crushed red pepper, and Broccolini in a bowl, tossing to coat Broccolini evenly.
- ☐ Remove sweet potatoes from oven, and stir. Arrange Broccolini on baking sheet with sweet potatoes; bake at 425 for 12 minutes or until Broccolini is crisp-tender and sweet potatoes are fork-tender.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:11.87, Inflammation Score:-10, Nutrition Score:15.82347838775%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 3.35mg, Kaempferol: 3.35mg, Kaempferol: 3.35mg, Kaempferol: 3.35mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 144.6kcal (7.23%), Fat: 3.75g (5.77%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 26.03g (8.68%), Net Carbohydrates: 21.3g (7.75%), Sugar: 5.47g (6.08%), Cholesterol: 0mg (0%), Sodium: 223.98mg (9.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.13%), Vitamin A: 16437.97IU (328.76%), Vitamin C: 42.26mg (51.22%), Vitamin K: 47.86µg (45.58%), Manganese: 0.42mg (20.87%), Fiber: 4.72g (18.89%), Vitamin B6: 0.32mg (15.89%), Potassium: 526.78mg (15.05%), Vitamin B5: 1.16mg (11.58%), Copper: 0.2mg (10.03%), Folate: 39.77µg

(9.94%), Magnesium: 39.28mg (9.82%), Phosphorus: 83mg (8.3%), Vitamin B1: 0.12mg (7.97%), Vitamin E: 1.18mg (7.86%), Vitamin B2: 0.13mg (7.36%), Iron: 1.23mg (6.84%), Calcium: 59.15mg (5.91%), Vitamin B3: 0.94mg (4.69%), Zinc: 0.54mg (3.6%), Selenium: 1.78µg (2.54%)