



Roasted Sweet Potatoes with Speck and Chimichurri



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



250 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup flat-leaf parsley leaves fresh
- ☐ 0.5 cup cilantro leaves fresh with tender stems
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 2 garlic cloves
- ☐ 4 servings kosher salt freshly ground
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup oregano leaves fresh

- ☐ 2 ounces pancetta thinly sliced
- ☐ 2 tablespoons red wine vinegar
- ☐ 4 small sweet potatoes unpeeled cut lengthwise into wedges

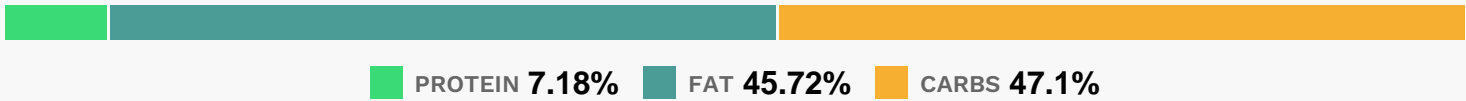
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425°F. Toss sweet potatoes and 2 tablespoons oil on a large rimmed baking sheet; season with salt and pepper. Roast, turning once, until tender, 25–30 minutes.
- ☐ Meanwhile, pulse cilantro, parsley, oregano, thyme, and garlic in a food processor until finely chopped. With motor running, slowly add vinegar and remaining 1/4 cup oil and process until combined; season with salt and pepper.
- ☐ Spoon chimichurri onto a serving platter and top with sweet potatoes and Speck.
- ☐ More Ideas For...Sweet Potato Wedges
- ☐ Crispy on the outside, velvety within, and with a prep time of about, oh, three minutes, sweet potato wedges are perfect for family dinner. Use the roasting method above, then try these riffs from Michael Sheerin. —J.K.Herb Yogurt Blend yogurt with a handful of chopped cilantro, then spoon onto a plate and top with wedges.Almonds + Sage Just before the potatoes finish cooking, add sage leaves to the baking sheet so they cook in the remaining oil. Before serving, sprinkle potatoes with chopped smoked almonds and the crisp sage.Glazed Toss cooked wedges with a mixture of soy sauce, rice vinegar, and sugar.
- ☐ Per serving: 420 calories, 23 g fat, 7 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:13.26, Inflammation Score:-10, Nutrition Score:19.247391369032%

Flavonoids

Apigenin: 16.22mg, Apigenin: 16.22mg, Apigenin: 16.22mg, Apigenin: 16.22mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 249.58kcal (12.48%), Fat: 12.93g (19.89%), Saturated Fat: 2.94g (18.39%), Carbohydrates: 29.96g (9.99%), Net Carbohydrates: 24.18g (8.79%), Sugar: 5.65g (6.28%), Cholesterol: 9.36mg (3.12%), Sodium: 172.38mg (7.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.14%), Vitamin A: 19349.96IU (387%), Vitamin K: 154.59µg (147.23%), Manganese: 0.58mg (28.93%), Fiber: 5.78g (23.12%), Vitamin C: 17.01mg (20.62%), Vitamin B6: 0.38mg (18.77%), Potassium: 576.93mg (16.48%), Iron: 2.87mg (15.94%), Vitamin E: 2.06mg (13.75%), Copper: 0.25mg (12.66%), Magnesium: 50.22mg (12.55%), Vitamin B5: 1.21mg (12.05%), Calcium: 110.07mg (11.01%), Vitamin B1: 0.16mg (10.5%), Phosphorus: 96.17mg (9.62%), Folate: 34.9µg (8.72%), Vitamin B3: 1.6mg (7.99%), Vitamin B2: 0.13mg (7.49%), Selenium: 4.01µg (5.73%), Zinc: 0.78mg (5.2%), Vitamin B12: 0.07µg (1.18%)