



 **85%**  
HEALTH SCORE

## Roasted Yam and Kale Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular

READY IN



75 min.

SERVINGS



6

CALORIES



205 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 teaspoon thyme leaves fresh chopped
- 3 cloves garlic minced
- 1 bunch kale
- 1 tablespoon olive oil
- 1 onion sliced
- 2 tablespoons red wine vinegar
- 6 servings salt and pepper black freshly ground to taste
- 2 jewel yams cut into 1-inch cubes

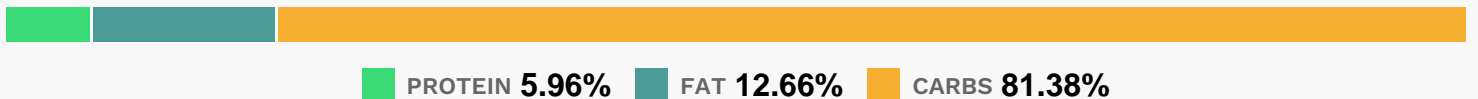
## Equipment

- bowl
- frying pan
- baking sheet
- oven

## Directions

- Preheat an oven to 400 degrees F (200 degrees C). Toss the yams with 2 tablespoons of olive oil in a bowl. Season to taste with salt and pepper, and arrange evenly onto a baking sheet.
- Bake in the preheated oven until the yams are tender, 20 to 25 minutes. Cool to room temperature in the refrigerator.
- Meanwhile, heat the remaining 1 tablespoon of olive oil in a large skillet over medium heat. Cook and stir the onion and garlic until the onion has caramelized to a golden brown, about 15 minutes. Stir in the kale, cooking until wilted and tender.
- Transfer the kale mixture to a bowl, and cool to room temperature in the refrigerator.
- Once all the ingredients have cooled, combine the yams, kale, red wine vinegar, and fresh thyme in a bowl. Season to taste with salt and pepper, and gently stir to combine.

## Nutrition Facts



## Properties

Glycemic Index:36.3, Glycemic Load:17.81, Inflammation Score:-9, Nutrition Score:18.255217365597%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 6.03mg, Isorhamnetin: 6.03mg, Isorhamnetin: 6.03mg, Isorhamnetin: 6.03mg Kaempferol: 10.26mg, Kaempferol: 10.26mg, Kaempferol: 10.26mg, Kaempferol: 10.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg

## Nutrients (% of daily need)

Calories: 204.52kcal (10.23%), Fat: 2.93g (4.51%), Saturated Fat: 0.42g (2.65%), Carbohydrates: 42.36g (14.12%), Net Carbohydrates: 35.31g (12.84%), Sugar: 1.67g (1.85%), Cholesterol: 0mg (0%), Sodium: 25.57mg (1.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.21%), Vitamin K: 89.39µg (85.13%), Vitamin C: 46.56mg (56.44%), Vitamin A: 2374.59IU (47.49%), Manganese: 0.77mg (38.4%), Potassium: 1255.91mg (35.88%), Fiber: 7.04g (28.17%), Vitamin B6: 0.48mg (24.21%), Copper: 0.28mg (13.8%), Vitamin B1: 0.19mg (12.87%), Folate: 49.33µg (12.33%), Magnesium: 39.66mg (9.92%), Phosphorus: 97.44mg (9.74%), Calcium: 87.88mg (8.79%), Vitamin B2: 0.13mg (7.55%), Iron: 1.27mg (7.06%), Vitamin E: 0.97mg (6.5%), Vitamin B3: 1.07mg (5.34%), Vitamin B5: 0.49mg (4.94%), Zinc: 0.48mg (3.19%), Selenium: 1.48µg (2.12%)