



Savory Sweet Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



393 kcal

SIDE DISH

Ingredients

- 1.3 cups mayonnaise
- 0.5 cup onion chopped
- 0.3 teaspoon pepper
- 0.1 teaspoon hot sauce hot
- 1 cup bell pepper sweet red chopped
- 1 teaspoon salt
- 3 pounds sweet potatoes and into cubed cooked peeled

Equipment

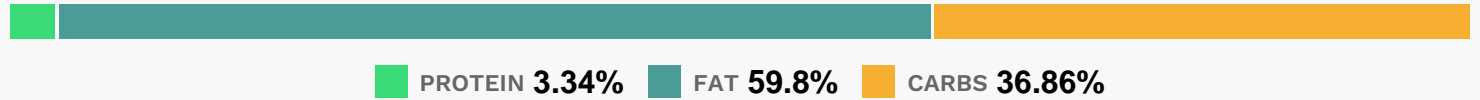
bowl

Directions

In a large bowl, combine potatoes, red pepper and onion. In a small bowl, blend mayonnaise, salt, pepper and hot pepper sauce.

Pour over potato mixture and toss to coat. Cover and refrigerate for at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:17.44, Inflammation Score:-10, Nutrition Score:17.098260792701%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 393.29kcal (19.66%), Fat: 26.33g (40.51%), Saturated Fat: 4.14g (25.89%), Carbohydrates: 36.52g (12.17%), Net Carbohydrates: 30.84g (11.21%), Sugar: 8.52g (9.46%), Cholesterol: 14.7mg (4.9%), Sodium: 609.3mg (26.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Vitamin A: 24738.22IU (494.76%), Vitamin K: 61.17µg (58.26%), Vitamin C: 28.71mg (34.8%), Manganese: 0.48mg (24.19%), Fiber: 5.68g (22.72%), Vitamin B6: 0.42mg (21.24%), Potassium: 635.11mg (18.15%), Vitamin B5: 1.49mg (14.93%), Copper: 0.27mg (13.58%), Vitamin E: 1.89mg (12.58%), Magnesium: 46.23mg (11.56%), Vitamin B1: 0.15mg (10.06%), Phosphorus: 95.14mg (9.51%), Folate: 30.94µg (7.74%), Vitamin B2: 0.13mg (7.59%), Iron: 1.22mg (6.78%), Calcium: 57.89mg (5.79%), Vitamin B3: 1.14mg (5.71%), Zinc: 0.63mg (4.19%), Selenium: 1.9µg (2.71%)