



HEALTH SCORE

73%

Spiced Sweet Potato and Roasted Broccoli Toasts



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



206 kcal

Ingredients



4 top



1 large head broccoli cut into large florets



1 tablespoon basil fresh divided chopped



1 tablespoon mint leaves fresh divided chopped



8 servings pepper freshly ground



1 tablespoon juice of lemon fresh ()



8 tablespoons olive oil divided



0.5 cup orange juice fresh

- ☐ 2 tablespoons pistachios raw chopped
- ☐ 8 servings sea salt (such as Maldon)
- ☐ 12 ounces sweet potatoes and into peeled cut into 1" pieces
- ☐ 1 thai chile red seeds removed halved

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Combine sweet potato,chile (if using) orange juice, and 1 cupwater in a small saucepan; season with saltand pepper. Bring to a boil, reduce heat,and simmer until sweet potato is very softand liquid has evaporated, 20–25 minutes.
- ☐ Remove from heat and mash.
- ☐ Let cool slightly.
- ☐ DO AHEAD: Sweet potato mash canbe made 3 days ahead. Cover and chill.
- ☐ Preheat oven to 425°F. Toss broccoli and 2 tablespoons oil on arimmed baking sheet; season with salt andpepper. Roast until tender, 15–20 minutes.
- ☐ Let cool, then coarsely chop.
- ☐ Meanwhile, brush both sides of breadwith 2 tablespoons oil total and toast on a bakingsheet until golden brown, 6–8 minutes.
- ☐ Toss broccoli, nuts, lemon juice, half ofbasil and mint, and remaining 4 tablespoons oil ina large bowl; season with salt and pepper.
- ☐ Spread toasts with sweet potato, top withbroccoli mixture and remaining basil and mint,and sprinkle with sea salt.
- ☐ Cut into pieces.

Nutrition Facts



Properties

Glycemic Index:42.81, Glycemic Load:6.3, Inflammation Score:-10, Nutrition Score:19.066956571911%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 2.19mg, Hesperetin: 2.19mg, Hesperetin: 2.19mg, Hesperetin: 2.19mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 5.96mg, Kaempferol: 5.96mg, Kaempferol: 5.96mg, Kaempferol: 5.96mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 206.35kcal (10.32%), Fat: 15.21g (23.4%), Saturated Fat: 2.14g (13.38%), Carbohydrates: 16.32g (5.44%), Net Carbohydrates: 12.74g (4.63%), Sugar: 4.61g (5.12%), Cholesterol: 0mg (0%), Sodium: 245.99mg (10.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.82%), Vitamin A: 6590IU (131.8%), Vitamin C: 78.55mg (95.21%), Vitamin K: 87.99µg (83.8%), Vitamin E: 2.78mg (18.52%), Manganese: 0.32mg (16.06%), Folate: 60.14µg (15.03%), Fiber: 3.58g (14.31%), Vitamin B6: 0.26mg (13.19%), Potassium: 443.28mg (12.67%), Phosphorus: 83.57mg (8.36%), Vitamin B5: 0.82mg (8.23%), Vitamin B1: 0.12mg (8.16%), Magnesium: 31.77mg (7.94%), Vitamin B2: 0.13mg (7.49%), Copper: 0.14mg (6.94%), Iron: 1.07mg (5.96%), Calcium: 55.26mg (5.53%), Vitamin B3: 0.85mg (4.26%), Selenium: 2.45µg (3.51%), Zinc: 0.51mg (3.37%)