



## Spicy Grilled Sweet Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



131 kcal

SIDE DISH

### Ingredients

- 2 tablespoons cilantro leaves fresh chopped
- 0.5 teaspoon garlic powder
- 0.8 teaspoon ground cumin
- 0.1 teaspoon ground pepper red
- 1 tablespoon olive oil
- 0.3 teaspoon salt
- 1 pound sweet potatoes peeled cut into 1/4-inch-thick slices

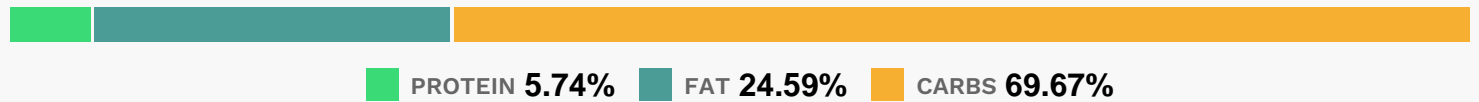
### Equipment

- bowl
- grill pan

## Directions

- Combine the first 4 ingredients in a small bowl.
- Combine oil and sweet potatoes in a medium bowl; toss to coat.
- Heat a large grill pan coated with cooking spray over medium heat.
- Add potatoes, and cook for 10 minutes, turning occasionally.
- Place potatoes in a large bowl; sprinkle with cumin mixture and cilantro. Toss gently.

## Nutrition Facts



## Properties

Glycemic Index:33, Glycemic Load:11.28, Inflammation Score:-10, Nutrition Score:9.9104347799135%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 131.35kcal (6.57%), Fat: 3.65g (5.62%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 23.3g (7.77%), Net Carbohydrates: 19.8g (7.2%), Sugar: 4.77g (5.3%), Cholesterol: 0mg (0%), Sodium: 208.75mg (9.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Vitamin A: 16132.05IU (322.64%), Manganese: 0.31mg (15.56%), Fiber: 3.5g (13.99%), Vitamin B6: 0.25mg (12.33%), Potassium: 395.7mg (11.31%), Vitamin B5: 0.91mg (9.11%), Copper: 0.18mg (8.86%), Magnesium: 30.16mg (7.54%), Vitamin B1: 0.09mg (6.19%), Phosphorus: 57mg (5.7%), Vitamin E: 0.84mg (5.58%), Iron: 0.99mg (5.51%), Vitamin K: 4.84µg (4.61%), Vitamin B2: 0.07mg (4.23%), Calcium: 38.16mg (3.82%), Vitamin C: 2.86mg (3.46%), Vitamin B3: 0.66mg (3.3%), Folate: 12.88µg (3.22%), Zinc: 0.37mg (2.48%), Selenium: 0.8µg (1.14%)