



Spicy Sweet Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



334 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon curry powder
- 0.3 cup parsley fresh chopped
- 1 clove garlic minced
- 1 jalapeno minced seeded
- 0.3 cup juice of lemon fresh
- 1 cup mayonnaise
- 1 large onion red

- 1 pound potatoes - remove skin red
- 2 teaspoons salt
- 2 sweet potatoes and into
- 1 pound yukon gold potatoes

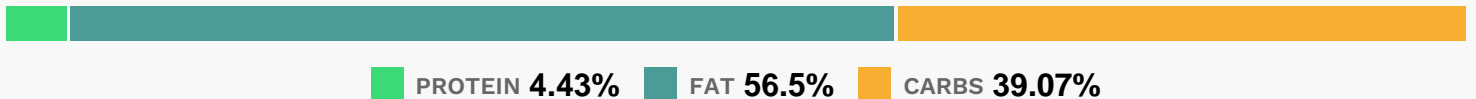
Equipment

- bowl
- microwave
- colander

Directions

- Wash, pierce with a fork, and microwave the sweet potatoes and Yukon Gold potatoes until tender. Boil the red potatoes in salted water until tender. Do not overcook the potatoes, or they will not hold up in the salad.
- Drain red potatoes and chill all three types overnight.
- Peel the sweet potatoes and Yukon Golds, and dice into 1/2 inch cubes.
- Cut red potatoes into fourths.
- Place all potatoes into a large bowl.
- Slice red onion thinly and place into a colander.
- Sprinkle the salt on the onion and let it sit in the colander for 30 minutes to drain. Squeeze onion to remove excess water, and add to the bowl with the potatoes.
- Mix in the garlic, jalapeno, lemon juice, mayonnaise, curry powder, parsley and pepper, and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:43.72, Glycemic Load:13.32, Inflammation Score:-10, Nutrition Score:17.172608694305%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 333.85kcal (16.69%), Fat: 21.26g (32.71%), Saturated Fat: 3.35g (20.95%), Carbohydrates: 33.09g (11.03%), Net Carbohydrates: 28.54g (10.38%), Sugar: 4.58g (5.09%), Cholesterol: 11.76mg (3.92%), Sodium: 806.05mg (35.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Vitamin A: 8224.28IU (164.49%), Vitamin K: 81.36µg (77.49%), Vitamin C: 26.14mg (31.69%), Potassium: 749.37mg (21.41%), Vitamin B6: 0.43mg (21.32%), Manganese: 0.39mg (19.28%), Fiber: 4.55g (18.19%), Copper: 0.25mg (12.33%), Magnesium: 45.07mg (11.27%), Phosphorus: 108.77mg (10.88%), Vitamin B1: 0.15mg (10.09%), Iron: 1.65mg (9.19%), Vitamin E: 1.33mg (8.89%), Folate: 35.53µg (8.88%), Vitamin B5: 0.87mg (8.69%), Vitamin B3: 1.66mg (8.31%), Vitamin B2: 0.09mg (5.06%), Zinc: 0.65mg (4.33%), Calcium: 42.98mg (4.3%), Selenium: 1.71µg (2.44%)