



Sweet Potato and Ginger Salad

 Vegetarian  Gluten Free

READY IN



210 min.

SERVINGS



6

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 stalks celery diagonally sliced
- 1 tsp gingerroot fresh grated
- 0.3 cup parsley fresh finely chopped
- 2 Tbsp honey
- 2 Tbsp juice of lemon
- 0.5 cup miracle whip dressing light
- 1.5 lb sweet potatoes cubed cooked peeled (4 medium)

Equipment

bowl

Directions

- Toss sweet potatoes, celery and parsley in large bowl.
- Mix dressing, honey, lemon juice and ginger.
- Add to potato mixture; mix lightly. Cover.
- Refrigerate several hours or until chilled.

Nutrition Facts

 **PROTEIN 5.75%**  **FAT 4.32%**  **CARBS 89.93%**

Properties

Glycemic Index:31.55, Glycemic Load:14.42, Inflammation Score:-10, Nutrition Score:12.762173880701%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 6.16mg, Apigenin: 6.16mg, Apigenin: 6.16mg, Apigenin: 6.16mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 142.65kcal (7.13%), Fat: 0.71g (1.09%), Saturated Fat: 0.17g (1.03%), Carbohydrates: 33.23g (11.08%), Net Carbohydrates: 28.88g (10.5%), Sugar: 13.19g (14.65%), Cholesterol: 1.91mg (0.64%), Sodium: 252.93mg (11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.25%), Vitamin A: 16433.08IU (328.66%), Vitamin K: 50.85µg (48.43%), Fiber: 4.35g (17.4%), Manganese: 0.33mg (16.55%), Potassium: 485.92mg (13.88%), Vitamin B6: 0.26mg (13.17%), Vitamin C: 8.86mg (10.74%), Vitamin B5: 0.99mg (9.95%), Copper: 0.19mg (9.42%), Magnesium: 33.12mg (8.28%), Folate: 27.05µg (6.76%), Vitamin B1: 0.1mg (6.5%), Phosphorus: 63mg (6.3%), Iron: 0.96mg (5.34%), Vitamin B2: 0.09mg (5.31%), Calcium: 50.18mg (5.02%), Vitamin B3: 0.77mg (3.83%), Zinc: 0.42mg (2.8%), Vitamin E: 0.39mg (2.63%), Selenium: 0.85µg (1.22%)