



WHATSheATE



Sweet Potato and Poblano Salad with Honey and Rosemary



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



337 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons dijon mustard
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 0.3 cup spring onion thinly sliced (2)
- ☐ 2 tablespoons honey
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 2 poblano pepper fresh diced seeded (8 ounces total)

- ☐ 2.5 pounds cubes red-skinned sweet potato peeled quartered (yams)
- ☐ 1 tablespoon shallots minced (1 small)
- ☐ 8 servings vegetable oil (for brushing)
- ☐ 1.5 tablespoons citrus champagne vinegar
- ☐ 1 Dash worcestershire sauce

Equipment

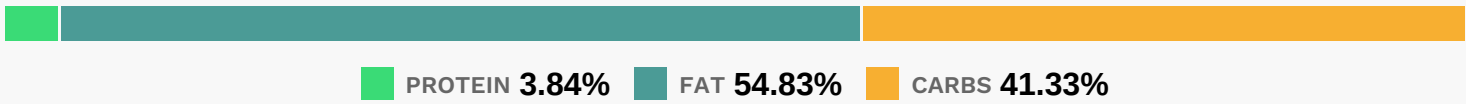
- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk first 6 ingredients in small bowl.Gradually whisk in olive oil. Season to tastewith salt and pepper.
- ☐ Cook sweet potatoes in large saucepanof boiling salted water until just barelytender, about 6 minutes.
- ☐ Drain; run undercold water to cool. Cover and chill at least 1hour and up to 1 day.
- ☐ Preheat barbecue (high heat).
- ☐ Brushpotato wedges with canola oil.
- ☐ Sprinklewith salt and pepper. Grill potatoes untilgrill marks appear, about 2 minutes perside.
- ☐ Transfer potatoes to work surface.
- ☐ Cutcrosswise into 1-inch pieces.
- ☐ Place potatoes,poblanos, green onions, and parsley in largebowl.
- ☐ Drizzle dressing over; toss to coat.Season to taste with salt and pepper.
- ☐ Servewarm or at room temperature. DO AHEAD: Canbe made 1 day ahead. Cover and chill. Bringto room temperature before serving.
- ☐ * Often called pasillas; available at somesupermarkets and at specialty foods storesand Latin markets.

- ☐ Cook the sweet potatoes in the boiling water until they are just tender when pierced with a knife. If you overcook them, the potatoes will fall apart when tossed in the salad.
- ☐ Per serving: Calories 205, Total fat 7g, Saturated Fat 1g, Cholesterol 0mg, Sodium 110mg, Carbohydrate 34g, Fiber 5g, Protein 3g
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:23.53, Glycemic Load:2.46, Inflammation Score:-10, Nutrition Score:20.236086778019%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 337.21kcal (16.86%), Fat: 21.09g (32.45%), Saturated Fat: 3.15g (19.66%), Carbohydrates: 35.77g (11.92%), Net Carbohydrates: 30.3g (11.02%), Sugar: 14.43g (16.03%), Cholesterol: 0mg (0%), Sodium: 69.63mg (3.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.65%), Vitamin A: 27548.59IU (550.97%), Vitamin K: 72.52µg (69.07%), Vitamin C: 55mg (66.67%), Manganese: 0.77mg (38.28%), Vitamin B6: 0.48mg (24.15%), Fiber: 5.47g (21.86%), Vitamin E: 3.27mg (21.8%), Potassium: 756.99mg (21.63%), Vitamin B5: 1.31mg (13.05%), Copper: 0.26mg (12.92%), Vitamin B1: 0.18mg (11.68%), Vitamin B3: 2.31mg (11.55%), Magnesium: 44.13mg (11.03%), Vitamin B2: 0.17mg (9.8%), Phosphorus: 87.51mg (8.75%), Iron: 1.38mg (7.64%), Calcium: 64.4mg (6.44%), Folate: 17.23µg (4.31%), Zinc: 0.55mg (3.68%), Selenium: 0.79µg (1.12%)