



Sweet Potato Apple Salad

 Vegetarian  Gluten Free

READY IN



150 min.

SERVINGS



8

CALORIES



243 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2.3 lb sweet potatoes and into peeled cut into 1/2-inch cubes (4 medium)
- 0.3 cup walnut pieces chopped
- 2 lb apples i use 2 granny smith apples cut into 1/2-inch cubes (4 medium)
- 2 tablespoons sugar
- 2 tablespoons juice of lime fresh
- 3 tablespoons raisins
- 0.3 teaspoon salt
- 0.5 cup yogurt plain fat-free

- 3 tablespoons mayonnaise reduced-fat

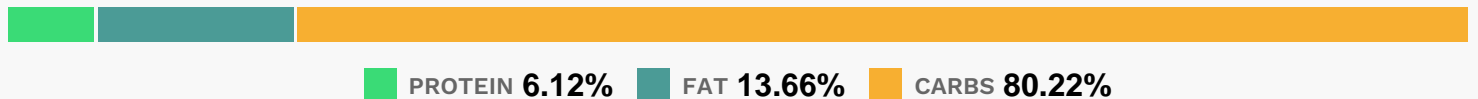
Equipment

- bowl
- frying pan
- dutch oven
- steamer basket

Directions

- In 4- to 6-quart Dutch oven, place steamer basket; add 1/2 inch water (water should not touch bottom of basket).
- Place sweet potatoes in basket; cover tightly and heat to boiling. Reduce heat to low; steam covered 16 to 17 minutes or until tender. Plunge potatoes into ice water until cold; drain.
- Meanwhile, sprinkle walnuts in ungreased heavy skillet. Cook over medium heat 5 to 7 minutes, stirring frequently until nuts begin to brown, then stirring constantly until golden brown.
- In large bowl, sprinkle apples with sugar and lime juice; toss gently to coat. Stir in sweet potatoes, raisins, salt and 3 tablespoons of the walnuts.
- In small bowl, stir together yogurt and mayonnaise.
- Pour over sweet potato mixture; toss gently to coat.
- Sprinkle with remaining 1 tablespoon walnuts. Cover; refrigerate at least 2 hours or up to 12 hours.

Nutrition Facts



Properties

Glycemic Index:29.86, Glycemic Load:21.32, Inflammation Score:-10, Nutrition Score:13.863478256309%

Flavonoids

Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg

Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg
Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate:
0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg
Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg,
Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol:
0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg,
Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg,
Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.17mg,
Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin:
0.04mg, Myricetin: 0.04mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 242.8kcal (12.14%), Fat: 3.88g (5.96%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 51.2g (17.07%), Net
Carbohydrates: 44g (16%), Sugar: 21.64g (24.05%), Cholesterol: 1.15mg (0.38%), Sodium: 200.93mg (8.74%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.82%), Vitamin A: 18167.35IU (363.35%), Fiber: 7.19g
(28.76%), Manganese: 0.51mg (25.54%), Potassium: 658.92mg (18.83%), Vitamin B6: 0.35mg (17.65%), Copper:
0.3mg (15.15%), Vitamin B5: 1.22mg (12.19%), Magnesium: 48.34mg (12.09%), Vitamin C: 9.89mg (11.99%),
Phosphorus: 114.66mg (11.47%), Vitamin B1: 0.15mg (9.75%), Vitamin B2: 0.16mg (9.41%), Calcium: 81.62mg (8.16%),
Vitamin K: 7.76µg (7.39%), Iron: 1.19mg (6.63%), Folate: 23.61µg (5.9%), Zinc: 0.71mg (4.71%), Vitamin B3: 0.94mg
(4.71%), Vitamin E: 0.68mg (4.56%), Selenium: 1.69µg (2.41%), Vitamin B12: 0.09µg (1.56%)