



Sweet Potato Bacon Salad

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



6

CALORIES



147 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 50 grams bacon cut into 1/8-inch batons
- 2 tablespoons mayonnaise
- 6 servings the salad well (mâche or mesclun work as)
- 1 tablespoon peanut butter
- 0.5 teaspoons soya sauce
- 400 grams sweet potatoes and into cut into 1/3-inch sticks (one large one)
- 1 teaspoon coarse mustard whole

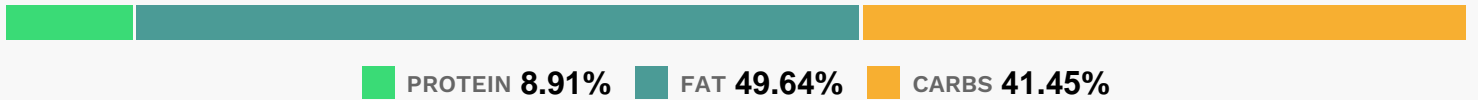
Equipment

- bowl
- paper towels
- whisk
- pot

Directions

- Add the sliced sweet potatoes to a medium pot of generously salted water. Bring to a boil and cook until they're no longer crunchy but are still firm (5-7 minutes).
- Whisk the mayonnaise, peanut butter, mustard and soy sauce together in a medium bowl. Fry the bacon until browned but not crispy and drain on paper towels. When the sweet potatoes are done, drain them well and add them immediately to the dressing along with the bacon. Toss to coat evenly.
- Serve warm over a bed of greens, or let it cool to room temperature. If you make this in advance, let it come up to room temperature or reheat it slightly as it's not as good chilled.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:6.7, Inflammation Score:-10, Nutrition Score:10.166086926408%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 146.95kcal (7.35%), Fat: 8.25g (12.69%), Saturated Fat: 1.94g (12.13%), Carbohydrates: 15.5g (5.17%), Net Carbohydrates: 13.33g (4.85%), Sugar: 3.11g (3.46%), Cholesterol: 7.46mg (2.49%), Sodium: 180.4mg (7.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Vitamin A: 9919.11IU (198.38%), Manganese: 0.28mg (13.86%), Vitamin C: 10.88mg (13.19%), Vitamin B6: 0.21mg (10.36%), Potassium: 328.25mg (9.38%), Fiber: 2.17g (8.67%), Vitamin K: 8.83µg (8.41%), Phosphorus: 70.5mg (7.05%), Copper: 0.14mg (6.88%), Magnesium: 27.22mg (6.8%), Vitamin B5: 0.67mg (6.68%), Vitamin B3: 1.31mg (6.53%), Vitamin B1: 0.09mg (6.2%), Folate: 24.81µg (6.2%), Vitamin B2: 0.07mg (4.39%), Iron: 0.77mg (4.3%), Vitamin E: 0.61mg (4.05%), Selenium: 2.74µg

(3.91%), Zinc: 0.46mg (3.1%), Calcium: 27.92mg (2.79%)