



Sweet Potato Bacon Salad

 Gluten Free  Dairy Free

READY IN



145 min.

SERVINGS



25

CALORIES



109 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 slices oscar mayer bacon cooked chopped
- 0.5 cup celery chopped
- 8 green onions chopped
- 3 Tbsp juice of lime
- 0.8 cup real mayo mayonnaise kraft
- 0.5 cup bell pepper red chopped
- 2 lb sweet potatoes peeled cut into 1/2-inch cubes

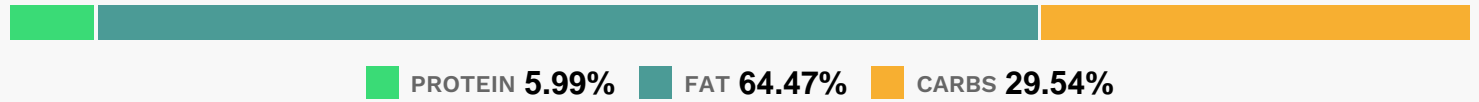
Equipment

- bowl
- sauce pan

Directions

- Cook potatoes in boiling water in large saucepan 10 min. or until tender; drain. Immediately rinse under cold water; drain and cool in large bowl.
- Add peppers, celery, onions and bacon to potatoes; toss lightly.
- Mix mayo and juice until well blended.
- Pour over potato mixture; stir gently. Refrigerate at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:8.16, Glycemic Load:3.73, Inflammation Score:-10, Nutrition Score:7.9143478261388%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 109kcal (5.45%), Fat: 7.86g (12.09%), Saturated Fat: 1.73g (10.83%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 6.81g (2.48%), Sugar: 1.83g (2.03%), Cholesterol: 7.47mg (2.49%), Sodium: 111.62mg (4.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.29%), Vitamin A: 5296.62IU (105.93%), Vitamin K: 20.3µg (19.34%), Vitamin C: 6.01mg (7.28%), Vitamin B6: 0.11mg (5.41%), Manganese: 0.11mg (5.34%), Fiber: 1.29g (5.16%), Potassium: 161.82mg (4.62%), Vitamin B5: 0.36mg (3.6%), Vitamin B1: 0.05mg (3.53%), Copper: 0.06mg (3.2%), Phosphorus: 31.54mg (3.15%), Magnesium: 11.48mg (2.87%), Vitamin E: 0.42mg (2.82%), Vitamin B3: 0.54mg (2.72%), Selenium: 1.82µg (2.6%), Folate: 9.06µg (2.27%), Vitamin B2: 0.04mg (2.13%), Iron: 0.34mg (1.89%), Calcium: 15.81mg (1.58%), Zinc: 0.23mg (1.52%)