



Sweet Potato Salad

 Gluten Free

READY IN



200 min.

SERVINGS



6

CALORIES



131 kcal

SIDE DISH

Ingredients

- 1 stalk celery chopped
- 3 Tbsp grey poupon harvest coarse ground mustard
- 4 green onions chopped
- 0.5 cup oscar mayer ham smoked chopped
- 0.5 cup miracle whip dressing
- 2 cups new potatoes cubed cooked peeled
- 2 cups sweet potatoes cubed cooked peeled

Equipment

bowl

Directions

- Combine first 5 ingredients in large bowl.
- Mix dressing and mustard until blended.
- Add to potato mixture; mix lightly.
- Refrigerate several hours or until chilled.

Nutrition Facts

 **PROTEIN 14.31%**  **FAT 19.39%**  **CARBS 66.3%**

Properties

Glycemic Index:39.63, Glycemic Load:10.97, Inflammation Score:-10, Nutrition Score:11.816086953101%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 130.9kcal (6.54%), Fat: 2.88g (4.43%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 22.13g (7.38%), Net Carbohydrates: 18.66g (6.79%), Sugar: 4.81g (5.35%), Cholesterol: 9.15mg (3.05%), Sodium: 422.43mg (18.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.78g (9.55%), Vitamin A: 6420.25IU (128.41%), Vitamin K: 20.37µg (19.4%), Vitamin C: 12.65mg (15.34%), Vitamin B6: 0.3mg (14.97%), Fiber: 3.47g (13.88%), Potassium: 454.35mg (12.98%), Manganese: 0.24mg (12.17%), Vitamin B1: 0.16mg (10.98%), Phosphorus: 88.03mg (8.8%), Selenium: 5.69µg (8.13%), Magnesium: 30.73mg (7.68%), Copper: 0.15mg (7.26%), Vitamin B3: 1.4mg (7%), Vitamin B5: 0.6mg (6.01%), Iron: 1.04mg (5.77%), Folate: 21.27µg (5.32%), Vitamin B2: 0.08mg (4.94%), Zinc: 0.64mg (4.24%), Calcium: 34.54mg (3.45%), Vitamin E: 0.25mg (1.67%), Vitamin B12: 0.07µg (1.24%)