

Sweet Potato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



186 kcal

SIDE DISH

Ingredients

- 3 tablespoons brown sugar
- 2 rib celery diced
- 1 leaf garnish: flat parsley sprigs fresh
- 0.3 cup bell pepper diced green
- 1 teaspoon hot sauce
- 1 jalapeno seeded finely chopped
- 1 teaspoon mustard prepared
- 0.5 cup onion diced

- 2 tablespoons parsley flakes dried fresh chopped
- 0.8 teaspoon salt divided
- 2 pounds sweet potatoes peeled cut into 1-inch cubes
- 1 tablespoon vegetable oil
- 5 tablespoons vinegar white

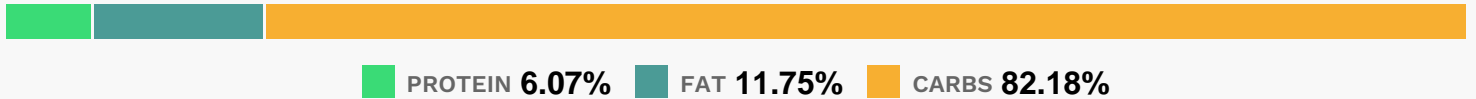
Equipment

- bowl
- frying pan
- oven

Directions

- Arrange potatoes in an even layer in a 15- x 10-inch jelly-roll pan. Coat with cooking spray, and sprinkle with 1/2 teaspoon salt.
- Bake at 400 for 25 minutes or just until tender.
- Let cool slightly.
- Stir together remaining 1/4 teaspoon salt, celery, and next 9 ingredients in a large bowl until blended.
- Add potatoes, and toss gently to coat.
- Sprinkle with crumbled bacon, if desired; garnish, if desired.
- Serve warm or chilled.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:15.35, Inflammation Score:-10, Nutrition Score:13.630869575169%

Flavonoids

Apigenin: 30.41mg, Apigenin: 30.41mg, Apigenin: 30.41mg, Apigenin: 30.41mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 2.88mg, Isorhamnetin: 2.88mg, Isorhamnetin: 2.88mg,

Isorhamnetin: 2.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 185.57kcal (9.28%), Fat: 2.45g (3.77%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 38.51g (12.84%), Net Carbohydrates: 33.31g (12.11%), Sugar: 13.08g (14.53%), Cholesterol: 0mg (0%), Sodium: 406.8mg (17.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.69%), Vitamin A: 21536.57IU (430.73%), Manganese: 0.5mg (25.07%), Fiber: 5.2g (20.78%), Vitamin K: 19.91µg (18.96%), Vitamin C: 15.61mg (18.92%), Vitamin B6: 0.37mg (18.54%), Potassium: 579.47mg (16.56%), Vitamin B5: 1.26mg (12.61%), Copper: 0.25mg (12.51%), Magnesium: 44.21mg (11.05%), Vitamin B1: 0.13mg (8.87%), Phosphorus: 82.02mg (8.2%), Vitamin B2: 0.12mg (6.89%), Iron: 1.21mg (6.71%), Calcium: 64.04mg (6.4%), Folate: 22.35µg (5.59%), Vitamin E: 0.76mg (5.07%), Vitamin B3: 1.01mg (5.05%), Zinc: 0.54mg (3.59%), Selenium: 1.5µg (2.14%)