



Sweet Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



463 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 1 cup mayonnaise
- ☐ 0.5 cup raisins
- ☐ 2 pounds sweet potatoes cubed peeled
- ☐ 1 cup walnuts chopped

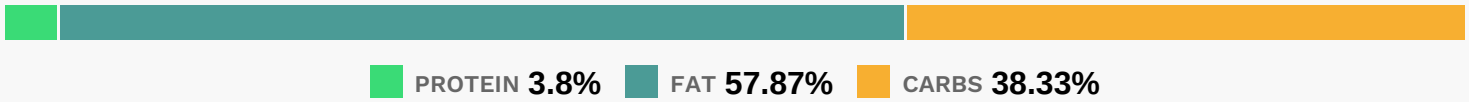
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place potatoes into a large saucepan, and fill with enough water to cover. Bring to a boil, and cook for about 8 minutes, or until tender.
- ☐ Drain, and cool slightly.
- ☐ In a large bowl, stir together the mayonnaise and brown sugar. Stir in the sweet potatoes, walnuts and raisins until evenly coated. Chill for at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:23.35, Glycemic Load:15.36, Inflammation Score:-10, Nutrition Score:15.831304371357%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 462.64kcal (23.13%), Fat: 30.59g (47.05%), Saturated Fat: 4.21g (26.31%), Carbohydrates: 45.58g (15.19%), Net Carbohydrates: 40.58g (14.76%), Sugar: 18.62g (20.69%), Cholesterol: 11.76mg (3.92%), Sodium: 246.85mg (10.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.03%), Vitamin A: 16108.91IU (322.18%), Vitamin K: 48.08µg (45.79%), Manganese: 0.83mg (41.34%), Copper: 0.44mg (22.15%), Fiber: 5g (19.99%), Vitamin B6: 0.34mg (17.02%), Potassium: 545.3mg (15.58%), Magnesium: 55.69mg (13.92%), Phosphorus: 117.13mg (11.71%), Vitamin B5: 1.06mg (10.61%), Vitamin B1: 0.15mg (10.08%), Vitamin E: 1.32mg (8.77%), Iron: 1.51mg (8.38%), Folate: 28.62µg (7.15%), Vitamin B2: 0.11mg (6.64%), Calcium: 64.54mg (6.45%), Zinc: 0.85mg (5.7%), Vitamin B3: 0.91mg (4.56%), Vitamin C: 3.4mg (4.12%), Selenium: 2.26µg (3.23%)