



Sweet Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 2 ribs celery thinly sliced
- ☐ 3 tablespoons cider vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 8 servings apples i use 2 granny smith apples cored quartered cut into 4 wedges
- ☐ 1 teaspoon honey
- ☐ 0.3 cup olive oil
- ☐ 8 servings salt and pepper
- ☐ 6 scallions light white green thinly sliced

☐ 24 oz sweet potatoes

Equipment

☐ bowl

☐ knife

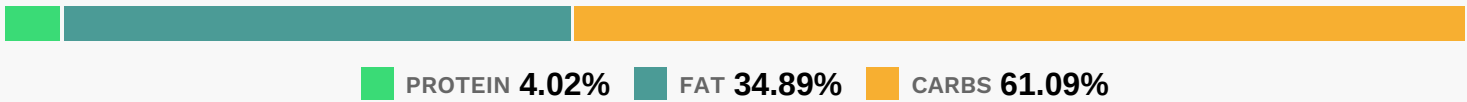
☐ whisk

☐ pot

Directions

- ☐ Put sweet potatoes in a pot, cover with water, bring to boil and cook until a knife just pierces them, 15 to 20 minutes.
- ☐ Drain, rinse under cold water and let cool.
- ☐ In a bowl, whisk vinegar, mustard and honey.
- ☐ Whisking constantly, slowly drizzle in olive oil. Season with salt and pepper.
- ☐ Peel potatoes, cut into 1-inch chunks and place in a large bowl.
- ☐ Add scallions, celery and apple, pour dressing over and gently toss. Cover and chill for at least 1 hour. Toss gently just before serving.

Nutrition Facts



Properties

Glycemic Index:34.78, Glycemic Load:11.31, Inflammation Score:-10, Nutrition Score:11.306956581447%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg

0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

Nutrients (% of daily need)

Calories: 174.58kcal (8.73%), Fat: 7g (10.76%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 27.57g (9.19%), Net Carbohydrates: 23.04g (8.38%), Sugar: 11.17g (12.41%), Cholesterol: 0mg (0%), Sodium: 271.71mg (11.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.63%), Vitamin A: 12235.55IU (244.71%), Vitamin K: 28.56µg (27.2%), Fiber: 4.53g (18.11%), Manganese: 0.29mg (14.45%), Potassium: 411.81mg (11.77%), Vitamin B6: 0.22mg (10.89%), Vitamin E: 1.39mg (9.26%), Vitamin C: 6.93mg (8.4%), Copper: 0.16mg (7.93%), Vitamin B5: 0.76mg (7.56%), Magnesium: 28.49mg (7.12%), Vitamin B1: 0.09mg (5.84%), Phosphorus: 55.09mg (5.51%), Folate: 20.74µg (5.18%), Vitamin B2: 0.08mg (4.86%), Iron: 0.83mg (4.62%), Calcium: 41.56mg (4.16%), Vitamin B3: 0.62mg (3.11%), Zinc: 0.34mg (2.3%), Selenium: 1.25µg (1.79%)