



Sweet-Potato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



216 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 tablespoon cider vinegar
- 2 tablespoons cilantro leaves fresh chopped
- 1 cup green beans trimmed halved
- 0.3 cup mango chutney (such as Major Grey)
- 0.5 teaspoon salt
- 0.3 cup scallions chopped
- 3.5 cups sweet potatoes and into cubed peeled () (1 1/2 pounds potatoes)

1.5 tablespoons vegetable oil

Equipment

bowl

sauce pan

whisk

Directions

Whisk together the first 6 ingredients (through pepper).

Place the potatoes in a saucepan, cover with water, and bring to a boil. Reduce heat and simmer 13 minutes or until just tender; drain.

Cook the beans in boiling salted water 4 minutes until crisp-tender.

Drain and rinse beneath cold running water.

Combine potatoes, beans, and cilantro in a medium bowl.

Add the chutney dressing; toss to coat.

Nutrition Facts



Properties

Glycemic Index:73.75, Glycemic Load:20.14, Inflammation Score:-10, Nutrition Score:13.095652191535%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 215.76kcal (10.79%), Fat: 5.25g (8.07%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 40.51g (13.5%), Net Carbohydrates: 35.86g (13.04%), Sugar: 16.23g (18.03%), Cholesterol: 0mg (0%), Sodium: 364.43mg (15.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.07%), Vitamin A: 16776.02IU (335.52%), Vitamin K: 36.96µg (35.2%), Manganese: 0.4mg (19.85%), Fiber: 4.65g (18.61%), Vitamin B6: 0.29mg (14.53%), Potassium: 488.49mg (13.96%), Vitamin C: 9.25mg (11.21%), Copper: 0.22mg (11.15%), Vitamin B5: 1mg (10.04%), Magnesium:

38.42mg (9.61%), Vitamin B1: 0.12mg (8.02%), Phosphorus: 71.99mg (7.2%), Vitamin B2: 0.12mg (7.13%), Folate: 28.35µg (7.09%), Iron: 1.21mg (6.72%), Vitamin E: 0.9mg (5.99%), Calcium: 54.69mg (5.47%), Vitamin B3: 0.89mg (4.47%), Zinc: 0.46mg (3.04%), Selenium: 1.34µg (1.91%)