



Sweet Potato Salad with Bacon



Dairy Free or type unknown

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

287 kcal

SIDE DISH

Ingredients



0.5 cup beef stock



4 servings pepper black freshly ground



2 small ribs celery finely chopped



3 dashes hot sauce



4 slices bacon lean chopped



4 servings olive oil extra-virgin for liberal drizzling



1 handful parsley leaves finely chopped



0.5 small onion red finely chopped

- ☐ 4 servings salt
- ☐ 1 teaspoon paprika smoked sweet
- ☐ 1.5 pounds sweet potatoes peeled cut into bite-sized chunks
- ☐ 2 tablespoons red-wine vinegar

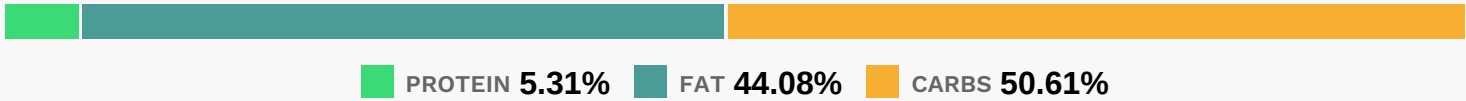
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Put the potatoes in a pot over medium heat and cover them with water. Bring to a boil then salt the water and cook until just tender, about 15 minutes.
- ☐ Drain the potatoes and return them to the hot pot.
- ☐ Heat a small pan over medium-high heat and drizzle in some extra-virgin olive oil.
- ☐ Add the bacon and cook until just about crisp.
- ☐ Add the stock to the pot with the potatoes along with the vinegar and hot sauce and stir over low heat until combined. Turn off the heat and season with paprika and salt and pepper, to taste.
- ☐ Transfer the potatoes to a serving bowl and stir in chopped onions, celery and parsley. Dress the salad with a liberal drizzle of extra-virgin olive oil and serve immediately.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:17.3, Inflammation Score:-10, Nutrition Score:15.500869450362%

Flavonoids

Apigenin: 2.76mg, Apigenin: 2.76mg, Apigenin: 2.76mg, Apigenin: 2.76mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin:

0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 286.88kcal (14.34%), Fat: 14.28g (21.96%), Saturated Fat: 2.02g (12.62%), Carbohydrates: 36.88g (12.29%), Net Carbohydrates: 30.99g (11.27%), Sugar: 8.18g (9.09%), Cholesterol: 0mg (0%), Sodium: 387.08mg (16.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.74%), Vitamin A: 24552.94IU (491.06%), Vitamin K: 34.4µg (32.76%), Manganese: 0.5mg (25.17%), Fiber: 5.89g (23.56%), Vitamin B6: 0.42mg (20.77%), Potassium: 722.28mg (20.64%), Vitamin E: 2.67mg (17.81%), Copper: 0.29mg (14.58%), Vitamin B5: 1.44mg (14.45%), Magnesium: 50.07mg (12.52%), Vitamin B1: 0.16mg (10.38%), Phosphorus: 100.95mg (10.09%), Vitamin B2: 0.15mg (9.03%), Vitamin C: 7.15mg (8.66%), Iron: 1.48mg (8.22%), Folate: 30.91µg (7.73%), Calcium: 68.28mg (6.83%), Vitamin B3: 1.35mg (6.77%), Zinc: 0.65mg (4.31%), Selenium: 1.57µg (2.24%)