



Sweet Potato Salad with Bacon Vinaigrette

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



468 kcal

SIDE DISH

Ingredients

- 4 lb sweet potatoes and into peeled cut into 3/4-inch pieces
- 1 small onion red cut into thin wedges
- 6 tablespoons olive oil
- 1.5 teaspoons salt
- 4 slices bacon
- 1 tablespoon apple cider vinegar
- 2 teaspoons dijon mustard
- 0.5 teaspoon pepper freshly ground

- 0.8 cup pecans toasted
- 0.5 cup golden raisins

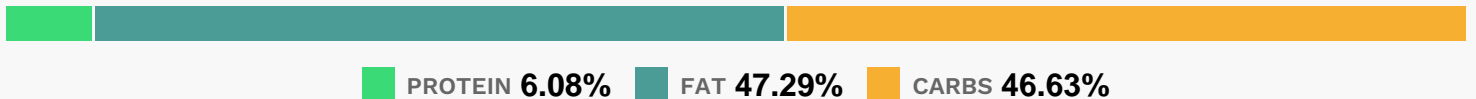
Equipment

- bowl
- frying pan
- paper towels
- oven

Directions

- Heat oven to 450°F. Lightly spray 2 (15x10x1-inch) pans with cooking spray. In large bowl, toss sweet potatoes, onion, 2 tablespoons of the oil and 3/4 teaspoon of the salt. Arrange vegetables in single layer in pans.
- Roast uncovered 25 minutes.
- Remove onion from pans; set aside. Stir sweet potatoes. Roast 10 minutes longer or until browned.
- Meanwhile, in 10-inch nonstick skillet, cook bacon over medium heat 10 to 12 minutes or until crisp.
- Drain on paper towels. Crumble bacon; set aside. Reserve 2 tablespoons drippings in skillet.
- Add remaining 1/4 cup oil, remaining 3/4 teaspoon salt, the vinegar, mustard and pepper to drippings in skillet; stir well.
- Transfer vinaigrette to large bowl.
- Add roasted sweet potatoes, onion, bacon, pecans and raisins; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:31.96, Glycemic Load:26.75, Inflammation Score:-10, Nutrition Score:19.715217360984%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 467.88kcal (23.39%), Fat: 25.22g (38.8%), Saturated Fat: 4.54g (28.37%), Carbohydrates: 55.94g (18.65%), Net Carbohydrates: 47.47g (17.26%), Sugar: 15.86g (17.62%), Cholesterol: 11.88mg (3.96%), Sodium: 695.64mg (30.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.59%), Vitamin A: 32189.8IU (643.8%), Manganese: 1.12mg (55.98%), Fiber: 8.47g (33.87%), Vitamin B6: 0.59mg (29.52%), Potassium: 934.62mg (26.7%), Copper: 0.51mg (25.7%), Vitamin B5: 2.04mg (20.38%), Vitamin B1: 0.3mg (20.24%), Magnesium: 76.69mg (19.17%), Phosphorus: 176.93mg (17.69%), Vitamin E: 2.34mg (15.61%), Vitamin B3: 2.23mg (11.17%), Iron: 2.01mg (11.14%), Vitamin B2: 0.19mg (11.08%), Vitamin K: 11.36µg (10.82%), Zinc: 1.42mg (9.46%), Calcium: 85.91mg (8.59%), Selenium: 5.93µg (8.48%), Vitamin C: 6.87mg (8.32%), Folate: 30.19µg (7.55%), Vitamin B12: 0.09µg (1.5%)