



Sweet Potato Salad with Bacon Vinaigrette



Gluten Free



Dairy Free

READY IN



61 min.

SERVINGS



8

CALORIES



468 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon cider vinegar
- ☐ 2 teaspoons dijon mustard
- ☐ 0.5 cup golden raisins
- ☐ 6 tablespoons olive oil divided
- ☐ 0.8 cup pecans toasted
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 small onion red cut into thin wedges
- ☐ 1.5 teaspoons salt divided

- ☐ 4 pounds sweet potatoes peeled cut into 3/4
- ☐ 4 slices bacon thick-cut

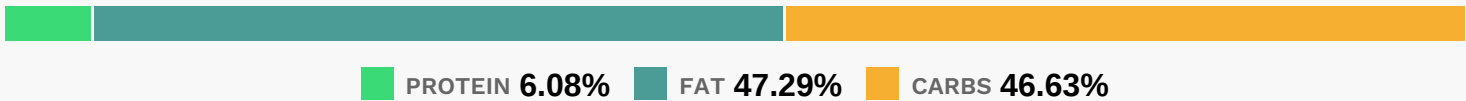
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine sweet potato, onion, 2 tablespoons olive oil, and 3/4 teaspoon salt in a large bowl; toss to coat. Arrange vegetables in a single layer on 2 lightly greased baking sheets.
- ☐ Bake at 450 for 35 minutes or until browned, removing onion after 25 minutes, and stirring sweet potato.
- ☐ Meanwhile, cook bacon in a large nonstick skillet over medium heat 12 minutes or until crisp.
- ☐ Drain bacon, reserving 2 tablespoons drippings in pan.
- ☐ Add remaining 1/4 cup olive oil, remaining 3/4 teaspoon salt, vinegar, mustard, and pepper to drippings in skillet. Stir well.
- ☐ Transfer vinaigrette to a large bowl.
- ☐ Add roasted sweet potato, onion, pecans, and raisins, tossing gently to coat. Cool.
- ☐ Note: If you have only one oven, place 1 baking sheet on the lower oven rack and 1 on the upper rack; switch positions after 25 minutes.
- ☐ Bake 5 to 10 more minutes or until potatoes are browned.

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 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

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: Og (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%)