



## Sweet Potato Salad with Orange-Ginger Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



14

CALORIES



123 kcal

SIDE DISH

### Ingredients

- 3 lb sweet potatoes and into peeled cut into 3/4-inch chunks
- 0.5 cup olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon ginger grated
- 1 teaspoon orange zest grated
- 0.3 cup orange juice fresh
- 0.5 teaspoon salt

- 0.5 teaspoon pepper
- 0.3 teaspoon nutmeg
- 0.3 cup cashew pieces toasted coarsely chopped
- 0.3 cup golden raisins

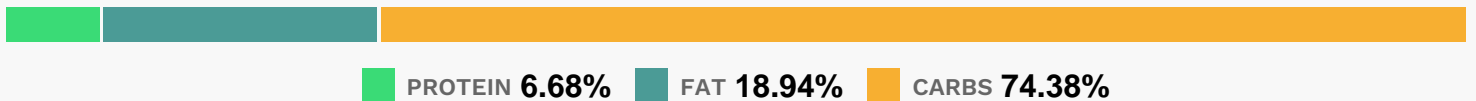
## Equipment

- bowl
- sauce pan
- whisk

## Directions

- In 2-quart saucepan, add 1/2 inch water; heat to boiling.
- Place potatoes in water. Cover tightly; return to boil. Reduce heat; simmer 15 to 20 minutes or until potatoes are tender.
- Meanwhile, in small bowl, mix dressing ingredients with whisk.
- In large bowl, combine cooked potatoes, pecans and raisins; pour dressing over potatoes. Toss gently.
- Serve immediately or refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:25.63, Glycemic Load:11.37, Inflammation Score:-10, Nutrition Score:9.7856521917426%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 122.7kcal (6.13%), Fat: 2.64g (4.06%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 23.35g (7.78%), Net Carbohydrates: 20.19g (7.34%), Sugar: 6.46g (7.18%), Cholesterol: 0mg (0%), Sodium: 137.79mg (5.99%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.1g (4.19%), Vitamin A: 13799.42IU (275.99%), Manganese: 0.31mg (15.6%), Fiber: 3.15g (12.62%), Vitamin B6: 0.22mg (11.21%), Potassium: 376.98mg (10.77%), Copper: 0.21mg (10.6%), Magnesium: 33.13mg (8.28%), Vitamin B5: 0.81mg (8.12%), Phosphorus: 63.9mg (6.39%), Vitamin B1: 0.09mg (6.02%), Vitamin C: 4.86mg (5.89%), Iron: 0.84mg (4.67%), Vitamin B2: 0.07mg (3.96%), Vitamin K: 3.68µg (3.5%), Vitamin E: 0.5mg (3.35%), Calcium: 33.25mg (3.32%), Folate: 12.81µg (3.2%), Vitamin B3: 0.62mg (3.1%), Zinc: 0.44mg (2.94%), Selenium: 1.07µg (1.53%)