



Sweet Potato Slaw

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



256 kcal

SIDE DISH

Ingredients

- 1 medium apples peeled chopped
- 2 tablespoons honey
- 2 tablespoons juice of lemon
- 1 teaspoon lemon zest grated
- 0.5 cup mayonnaise
- 0.5 cup pecans chopped
- 0.3 teaspoon pepper
- 0.8 cup dole pineapple tidbits drained

- 0.5 teaspoon salt
- 0.5 cup cream sour
- 3 cups sweet potatoes and into shredded uncooked peeled

Equipment

- bowl
- whisk

Directions

- In a large bowl, whisk the first seven ingredients until smooth. In a large bowl, combine the potatoes, apple, pineapple and pecans.
- Add dressing; toss to coat. Cover and refrigerate for at least 1 hour.

Nutrition Facts

■ PROTEIN **3.18%** ■ FAT **62.1%** ■ CARBS **34.72%**

Properties

Glycemic Index:29.28, Glycemic Load:8.12, Inflammation Score:-10, Nutrition Score:10.780869543552%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 255.83kcal (12.79%), Fat: 18.27g (28.1%), Saturated Fat: 3.53g (22.07%), Carbohydrates: 22.98g (7.66%), Net Carbohydrates: 19.93g (7.25%), Sugar: 12.87g (14.3%), Cholesterol: 14.36mg (4.79%), Sodium: 266.85mg (11.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.21%), Vitamin A: 7202.3IU (144.05%), Vitamin K: 24.93μg

(23.74%), Manganese: 0.46mg (22.94%), Fiber: 3.05g (12.19%), Copper: 0.2mg (9.79%), Potassium: 276.48mg (7.9%), Vitamin B6: 0.16mg (7.76%), Vitamin B1: 0.12mg (7.72%), Vitamin C: 6.33mg (7.68%), Magnesium: 27.23mg (6.81%), Phosphorus: 60.87mg (6.09%), Vitamin B5: 0.55mg (5.54%), Vitamin E: 0.79mg (5.27%), Vitamin B2: 0.08mg (4.68%), Calcium: 41.53mg (4.15%), Zinc: 0.57mg (3.82%), Iron: 0.64mg (3.55%), Folate: 11.24µg (2.81%), Vitamin B3: 0.47mg (2.33%), Selenium: 1.55µg (2.22%)