



Sweet Potato-White Potato Salad

 Vegetarian  Gluten Free

READY IN



97 min.

SERVINGS



6

CALORIES



159 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup celery chopped
- ☐ 1 teaspoon curry powder to taste
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.3 cup green onions chopped
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.3 cup mayonnaise light
- ☐ 2 potatoes peeled cut into 3/4 inch cubes

- ☐ 0.3 cup cup heavy whipping cream light sour
- ☐ 2 sweet potatoes and into peeled cut into 3/4-inch cubes
- ☐ 2 teaspoons distilled vinegar white

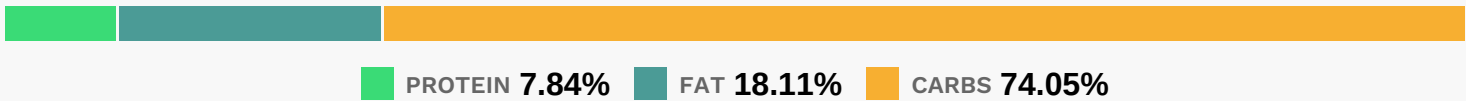
Equipment

- ☐ bowl
- ☐ mixing bowl

Directions

- ☐ Place potatoes in two separate saucepans and cover with water. Bring to a boil over high heat, then turn heat to medium-low. Cover, and cook until tender but still firm, 12 to 14 minutes for sweet potatoes, and 10 to 12 minutes for white potatoes.
- ☐ Drain and place in a large mixing bowl.
- ☐ Sprinkle with vinegar, and cool.
- ☐ To make the dressing, combine the mayonnaise, sour cream, lemon juice, and curry powder in a small bowl. Season to taste with salt and pepper.
- ☐ Mix the green onions, celery, and cilantro with the potatoes.
- ☐ Pour the dressing over the potato mixture, and toss to evenly coat vegetables. Refrigerate at least 1 hour before serving to let flavors blend.

Nutrition Facts



Properties

Glycemic Index:54.13, Glycemic Load:16.68, Inflammation Score:-10, Nutrition Score:12.927826090999%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 159.23kcal (7.96%), Fat: 3.27g (5.02%), Saturated Fat: 1g (6.26%), Carbohydrates: 30.03g (10.01%), Net Carbohydrates: 25.83g (9.39%), Sugar: 4.32g (4.8%), Cholesterol: 4.85mg (1.62%), Sodium: 138.51mg (6.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.36%), Vitamin A: 10814.69IU (216.29%), Vitamin C: 17.63mg (21.37%), Vitamin B6: 0.38mg (19.14%), Vitamin K: 19.56µg (18.63%), Potassium: 617.95mg (17.66%), Manganese: 0.35mg (17.37%), Fiber: 4.21g (16.83%), Copper: 0.2mg (10.24%), Magnesium: 39.22mg (9.8%), Phosphorus: 89.2mg (8.92%), Vitamin B5: 0.85mg (8.46%), Vitamin B1: 0.13mg (8.37%), Folate: 27.68µg (6.92%), Iron: 1.22mg (6.79%), Vitamin B3: 1.24mg (6.2%), Calcium: 53.84mg (5.38%), Vitamin B2: 0.09mg (5.28%), Vitamin E: 0.56mg (3.74%), Zinc: 0.53mg (3.53%), Selenium: 1.34µg (1.91%)