



Sweet Potatoes with Yogurt-Maple Dressing

 Vegetarian  Gluten Free

READY IN



120 min.

SERVINGS



6

CALORIES



332 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon dijon mustard
- 0.5 cup cranberries dried
- 1 apples i use 2 granny smith apples diced cored
- 1 teaspoon kosher salt
- 2 teaspoons kosher salt
- 1 tablespoon maple syrup
- 0.3 cup mascarpone cheese at room temperature

- 2 tablespoons olive oil extra-virgin
- 0.3 cup yogurt plain at room temperature
- 0.3 cup pumpkin seeds toasted (see Cook's Note)
- 2.5 pounds garnet yams diced red peeled (3 large)

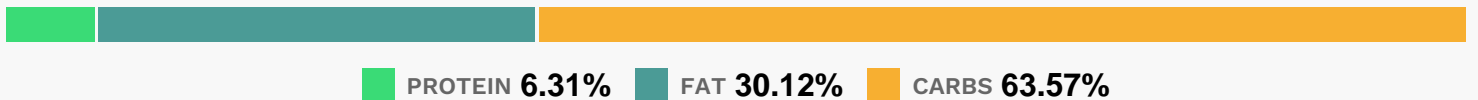
Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Watch how to make this recipe.
- Place an oven rack in the center of the oven. Preheat the oven to 375 degrees F. Spray a heavy baking sheet with vegetable oil cooking spray.
- Toss together the sweet potatoes, olive oil and salt on the prepared baking sheet. Roast until golden and tender, about 40 minutes.
- For the dressing: In a small bowl, whisk together the yogurt, mascarpone cheese, mustard, maple syrup, salt and pepper until smooth.
- Pour the dressing over the potatoes.
- Add the apples, cranberries and pumpkin seeds. Toss until all the ingredients are coated. Refrigerate for at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:36.58, Glycemic Load:20.85, Inflammation Score:-10, Nutrition Score:16.083912907735%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 331.77kcal (16.59%), Fat: 11.42g (17.56%), Saturated Fat: 3.92g (24.51%), Carbohydrates: 54.21g (18.07%), Net Carbohydrates: 46.94g (17.07%), Sugar: 21.11g (23.45%), Cholesterol: 11.14mg (3.71%), Sodium: 1307.07mg (56.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.76%), Vitamin A: 26976.88IU (539.54%), Manganese: 0.79mg (39.39%), Fiber: 7.28g (29.1%), Vitamin B6: 0.42mg (21.13%), Potassium: 736.83mg (21.05%), Magnesium: 73.92mg (18.48%), Copper: 0.35mg (17.64%), Vitamin B5: 1.64mg (16.41%), Phosphorus: 152.58mg (15.26%), Vitamin B1: 0.17mg (11.64%), Vitamin B2: 0.19mg (11.46%), Vitamin E: 1.53mg (10.17%), Calcium: 97mg (9.7%), Iron: 1.64mg (9.09%), Vitamin K: 8.11µg (7.72%), Vitamin C: 6.1mg (7.39%), Vitamin B3: 1.34mg (6.7%), Zinc: 0.99mg (6.6%), Folate: 24.9µg (6.23%), Selenium: 2.69µg (3.84%)