



Warm Rosemary-Sweet Potato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



184 kcal

SIDE DISH

Ingredients

- 2 lb sweet potatoes and into peeled cut into 1-inch cubes (6 cups)
- 1 large onion thinly sliced cut in half
- 2 tablespoons olive oil
- 0.5 teaspoon salt
- 0.3 teaspoon pepper freshly ground
- 2 tablespoons orange juice fresh
- 1 tablespoon rosemary leaves fresh chopped

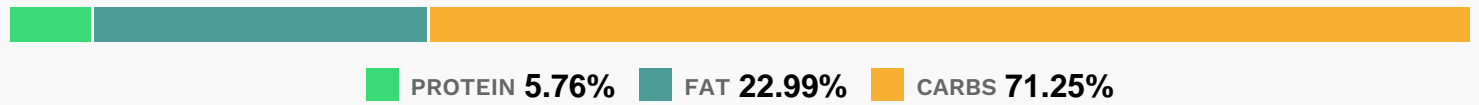
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 425°F. In large bowl, toss sweet potatoes, onion, oil, salt and pepper. Arrange potato mixture in single layer in ungreased 17x12-inch half-sheet pan.
- Bake uncovered 25 minutes or until tender. Stir; bake 5 minutes longer.
- In large bowl, mix orange juice and rosemary.
- Add potato mixture; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:15.84, Inflammation Score:-10, Nutrition Score:12.286956559057%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 184.48kcal (9.22%), Fat: 4.8g (7.39%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 33.47g (11.16%), Net Carbohydrates: 28.43g (10.34%), Sugar: 7.86g (8.73%), Cholesterol: 0mg (0%), Sodium: 278.2mg (12.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Vitamin A: 21472.42IU (429.45%), Manganese: 0.44mg (21.87%), Fiber: 5.04g (20.16%), Vitamin B6: 0.35mg (17.48%), Potassium: 560.79mg (16.02%), Vitamin B5: 1.25mg (12.55%), Copper: 0.24mg (12.14%), Magnesium: 41.37mg (10.34%), Vitamin C: 8.38mg (10.16%), Vitamin B1: 0.13mg (8.98%), Phosphorus: 79.63mg (7.96%), Vitamin E: 1.07mg (7.15%), Vitamin B2: 0.1mg (5.96%), Folate: 23.46µg (5.86%), Iron: 1.04mg (5.8%), Vitamin K: 5.77µg (5.5%), Calcium: 53.33mg (5.33%), Vitamin B3: 0.9mg (4.49%), Zinc: 0.5mg (3.36%), Selenium: 1.04µg (1.49%)