


NUTTY SWEET POTATO SALAD
 15 minutes

 20 minutes

 4 portions

INGREDIENTS

- 600 grams of sweet potato, boiled without skin
- 2 wedges yields of lemon juice, raw [12 g]
- 1/4 cup, chopped of nuts, walnuts, black, dried [31 g]
- 1/2 cup, packed of raisins, dark, seedless [83 g]
- 0.2 tsps of salt, table [1 g]
- 1 tsp of spices, parsley, dried [1 g]
- 3 grams of spices, paprika

COOKING METHOD

- 1° Steam sweet potato chunks until tender, about 5 minutes; cool to room temperature.
- 2° Whisk together the yogurt dressing, lemon juice, paprika powder and chopped herbs. Pour over sweet potatoes and toss gently.
- 3° Add walnuts and raisins; toss. Season to taste with salt and pepper. You can add chopped onions if you like [i like the red one for a salad like that]

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [183 g]	% DRI
ENERGY	125 kcal	228 kcal	11 %
FAT	3 g	5 g	8 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	2 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	89 mg	163 mg	7 %
CARBOHYDRATE	24 g	44 g	15 %
SUGARS	12 g	22 g	—
FIBER	3 g	6 g	22 %
PROTEIN	3 g	5 g	—