



Baked Sweet Potato Fries with Buffalo Dipping Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



88 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon cider vinegar
- ☐ 3 large egg whites
- ☐ 0.5 teaspoon rosemary leaves fresh finely minced
- ☐ 1 tablespoon catsup
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup sriracha hot sauce
- ☐ 2 tablespoon all the tabasco sauce you handle

- ☐ 0.3 cup butter unsalted melted
- ☐ 1 teaspoon vegetable oil for parchment

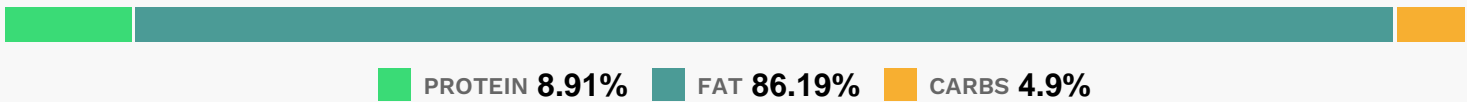
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ microwave
- ☐ spatula

Directions

- ☐ Whisk melted butter, sriracha sauce, tabasco sauce, vinegar & ketchup together in a bowl. Set aside.Prepare the fries: Put sweet potatoes in a microwave–safe container, cover, and microwave 2 minutes. Stir gently, cover, and microwave 1 to 2 minutes more until pieces are pliable.
- ☐ Let rest 5 minutes covered; pour onto a platter to cool.In a large bowl, whisk egg whites until frothy, add salt and rosemary, and whisk to blend. Working in batches, toss the sweet-potato pieces in the seasoned egg whites, letting the excess liquid drip back into the bowl.
- ☐ Place in a single layer on prepared baking sheets.
- ☐ Bake 10 minutes, then flip pieces over with a spatula. Rotate baking sheets from front to back and from one rack to the other.
- ☐ Bake until dark golden brown, about 15 minutes.
- ☐ Serve immediately with the Hot Buffalo Dipping Sauce on the side.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:1.9378260672092%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 87.66kcal (4.38%), Fat: 8.51g (13.09%), Saturated Fat: 4.98g (31.13%), Carbohydrates: 1.09g (0.36%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.85g (0.94%), Cholesterol: 20.34mg (6.78%), Sodium: 817.64mg (35.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Vitamin C: 10.83mg (13.12%), Vitamin A: 272.65IU (5.45%), Vitamin B2: 0.09mg (5.39%), Selenium: 3.42µg (4.88%), Vitamin K: 2.46µg (2.34%), Vitamin E: 0.33mg (2.23%), Potassium: 58.79mg (1.68%), Vitamin B6: 0.03mg (1.38%)