



65%
HEALTH SCORE

Baked Sweet Potato Sticks

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular

READY IN



55 min.

SERVINGS



4

CALORIES



420 kcal

SIDE DISH

Ingredients

- 1 tablespoon olive oil
- 0.5 teaspoon paprika
- 8 sweet potatoes sliced lengthwise into quarters

Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 400 degrees F (200 degrees C). Spray a baking sheet with cooking spray or vegetable oil.
- In a large bowl, mix oil and paprika.
- Add potato sticks, and stir by hand to coat.
- Place on the prepared baking sheet.
- Bake 40 minutes in the preheated oven. Best eaten at room temperature.

Nutrition Facts

PROTEIN 6.69% **FAT 7.93%** **CARBS 85.38%**

Properties

Glycemic Index:18.25, Glycemic Load:44.89, Inflammation Score:-10, Nutrition Score:24.637826028077%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 420.36kcal (21.02%), Fat: 3.76g (5.78%), Saturated Fat: 0.57g (3.56%), Carbohydrates: 91.08g (30.36%), Net Carbohydrates: 77.43g (28.16%), Sugar: 18.92g (21.02%), Cholesterol: 0mg (0%), Sodium: 248.84mg (10.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.26%), Vitamin A: 64248.38IU (1284.97%), Manganese: 1.17mg (58.51%), Fiber: 13.65g (54.59%), Vitamin B6: 0.95mg (47.5%), Potassium: 1528.97mg (43.69%), Vitamin B5: 3.62mg (36.22%), Copper: 0.68mg (34.22%), Magnesium: 113.44mg (28.36%), Vitamin B1: 0.35mg (23.56%), Phosphorus: 213.23mg (21.32%), Vitamin B2: 0.28mg (16.4%), Iron: 2.83mg (15.72%), Calcium: 136.21mg (13.62%), Vitamin C: 10.85mg (13.15%), Vitamin B3: 2.54mg (12.71%), Folate: 49.84µg (12.46%), Vitamin E: 1.75mg (11.68%), Vitamin K: 10.44µg (9.95%), Zinc: 1.37mg (9.11%), Selenium: 2.73µg (3.9%)