

Baked Yam Fries with Dip

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



549 kcal

SIDE DISH

Ingredients

- 1 teaspoon mayonnaise
- 1 teaspoon olive oil
- 0.1 teaspoon paprika
- 0.5 teaspoon lawry's seasoned salt
- 5 tablespoons cream fat-free sour
- 0.5 teaspoon taco seasoning
- 2 yam peeled cut into wedges

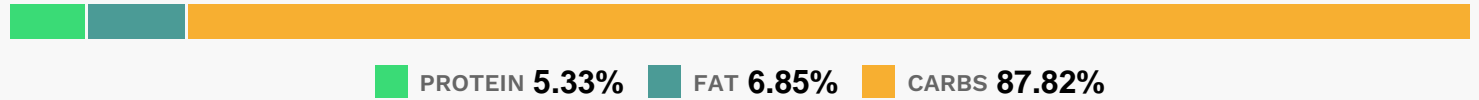
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Spread the olive oil over a baking sheet.
- Arrange the yams on the prepared baking sheet in a single layer; season with the seasoned salt.
- Bake the yams in the preheated oven until soft, about 25 minutes.
- While the yams bake, stir the sour cream, mayonnaise, taco seasoning, and paprika together in a small bowl.
- Serve as a dip for the yams.

Nutrition Facts



Properties

Glycemic Index:58.39, Glycemic Load:51.72, Inflammation Score:-8, Nutrition Score:28.713478638993%

Nutrients (% of daily need)

Calories: 549.48kcal (27.47%), Fat: 4.23g (6.5%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 121.87g (40.62%), Net Carbohydrates: 104.6g (38.04%), Sugar: 2.25g (2.5%), Cholesterol: 3.54mg (1.18%), Sodium: 676.31mg (29.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.39g (14.79%), Potassium: 3469.29mg (99.12%), Vitamin C: 71.83mg (87.07%), Manganese: 1.67mg (83.55%), Fiber: 17.27g (69.07%), Vitamin B6: 1.24mg (61.97%), Copper: 0.75mg (37.71%), Vitamin B1: 0.48mg (32.2%), Phosphorus: 260.31mg (26.03%), Folate: 100.06µg (25.02%), Magnesium: 91.46mg (22.86%), Vitamin A: 721.31IU (14.43%), Vitamin K: 14.22µg (13.55%), Vitamin B5: 1.33mg (13.25%), Iron: 2.32mg (12.87%), Vitamin E: 1.86mg (12.4%), Vitamin B3: 2.35mg (11.76%), Calcium: 109.73mg (10.97%), Vitamin B2: 0.18mg (10.67%), Zinc: 1.17mg (7.79%), Selenium: 4.59µg (6.55%), Vitamin B12: 0.09µg (1.54%)