



Cajun Sweet Potato Fries with Yogurt Dipping Sauce

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



224 kcal

SIDE DISH

Ingredients

- 3 lb sweet potatoes and into peeled
- 2 teaspoons cajun spice
- 1 teaspoon ground cumin
- 0.7 cup yogurt plain fat free yoplait® (from 2-lb container)
- 0.3 cup chili sauce
- 1 teaspoon soya sauce

Equipment

- bowl
- frying pan
- oven
- ziploc bags

Directions

- Heat oven to 425°F.
- Cut each potato crosswise into about 4-inch chunks, then cut lengthwise into 1/2x1/2-inch strips.
- In large resealable food-storage plastic bag, mix Cajun seasoning and cumin.
- Add potatoes; toss until evenly coated. In ungreased 15x10x1-inch pan, arrange potatoes in single layer.
- Bake 35 to 40 minutes, turning once, until potatoes are lightly browned and tender. Meanwhile, in small bowl, mix all sauce ingredients.
- Serve sauce with fries.

Nutrition Facts

PROTEIN 9.94% **FAT 1.41%** **CARBS 88.65%**

Properties

Glycemic Index:15.5, Glycemic Load:22.55, Inflammation Score:-10, Nutrition Score:16.63869573759%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 224.48kcal (11.22%), Fat: 0.36g (0.55%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 50.54g (16.85%), Net Carbohydrates: 43.18g (15.7%), Sugar: 13.18g (14.64%), Cholesterol: 0.54mg (0.18%), Sodium: 355mg (15.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.33%), Vitamin A: 32587.42IU (651.75%), Manganese: 0.61mg (30.66%), Fiber: 7.35g (29.41%), Vitamin B6: 0.52mg (26.22%), Potassium: 899.09mg (25.69%), Vitamin B5: 2.01mg (20.09%), Copper: 0.37mg (18.52%), Magnesium: 66.04mg (16.51%), Phosphorus: 160.3mg (16.03%),

Vitamin B1: 0.21mg (13.67%), Vitamin B2: 0.22mg (12.99%), Calcium: 129.32mg (12.93%), Iron: 1.88mg (10.47%),
Vitamin C: 7.54mg (9.14%), Vitamin B3: 1.6mg (8%), Folate: 29.78µg (7.44%), Vitamin E: 1.01mg (6.75%), Zinc: 1.01mg
(6.75%), Vitamin K: 5.28µg (5.03%), Selenium: 2.53µg (3.62%), Vitamin B12: 0.17µg (2.77%)