



Carolyn's Sweet Potato Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



237 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon cinnamon
- 0.3 teaspoon ground cardamom
- 0.3 teaspoon ground coriander
- 0.3 teaspoon ground ginger
- 4 servings pepper black to taste
- 2 tablespoons brown sugar light
- 2 tablespoons brown sugar light
- 3 tablespoons olive oil light

- 2 sweet potatoes and into french cut into fries

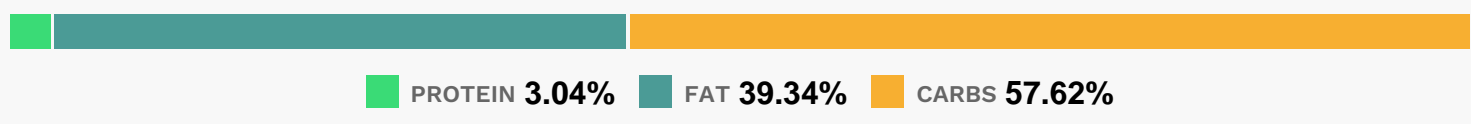
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Rinse the sweet potato fries with cold water and drain.
- Spread onto a baking sheet.
- Stir the cinnamon, cardamom, ginger, coriander, and brown sugar together in a bowl; sprinkle over the fries.
- Drizzle the olive oil over the fries.
- Bake in the preheated oven until tender, about 30 minutes. Season with salt and pepper to serve.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:11.24, Inflammation Score:-10, Nutrition Score:10.594347824221%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 237.34kcal (11.87%), Fat: 10.6g (16.3%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 34.92g (11.64%), Net Carbohydrates: 31.33g (11.39%), Sugar: 16.37g (18.19%), Cholesterol: 0mg (0%), Sodium: 65.85mg (2.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.69%), Vitamin A: 16032.26IU (320.65%), Manganese: 0.41mg (20.64%), Fiber: 3.59g (14.35%), Vitamin B6: 0.24mg (12.13%), Vitamin E: 1.81mg (12.06%), Potassium: 403.38mg

(11.53%), Vitamin B5: 0.92mg (9.22%), Copper: 0.18mg (9.02%), Vitamin K: 8.56µg (8.15%), Magnesium: 30.54mg (7.64%), Vitamin B1: 0.09mg (5.93%), Phosphorus: 54.77mg (5.48%), Iron: 0.92mg (5.09%), Calcium: 47.17mg (4.72%), Vitamin B2: 0.07mg (4.12%), Vitamin C: 2.77mg (3.36%), Vitamin B3: 0.66mg (3.31%), Folate: 12.59µg (3.15%), Zinc: 0.37mg (2.44%), Selenium: 0.93µg (1.33%)