

Cheesy Sweet Potato Crisps

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



102 kcal

Ingredients

- ☐ 2 egg whites
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 1 cup parmigiano-reggiano finely grated
- ☐ 0.8 teaspoon cracked pepper black
- ☐ 1 pound sweet potatoes peeled

Equipment

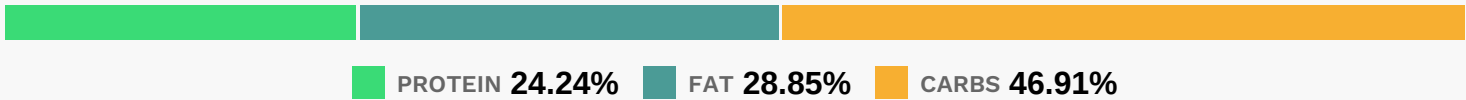
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper

☐ oven

Directions

- ☐ Heat oven to 425°F. Finely grate sweet potatoes into a bowl. Squeeze grated sweet potatoes in batches to release as much moisture as possible and place in another bowl; fluff with a fork. Stir in cheese, egg whites, rosemary and pepper. Line a large cookie sheet with parchment paper. Spoon 1 rounded tablespoon batter onto cookie sheet and flatten into a thin, 2- to 2 1/2-inch round. Repeat with remaining batter, leaving 1 inch between rounds.
- ☐ Bake until edges and underside are crisp and browned, 13 to 15 minutes.
- ☐ Remove from oven, let cool slightly and remove from parchment.
- ☐ Serve warm with Rosemary-Balsamic Cream.
- ☐ Self
- ☐ See Nutrition Data's analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:5.76, Inflammation Score:-10, Nutrition Score:8.9239129618458%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 102.16kcal (5.11%), Fat: 3.28g (5.04%), Saturated Fat: 2.06g (12.9%), Carbohydrates: 11.99g (4%), Net Carbohydrates: 10.24g (3.72%), Sugar: 2.52g (2.8%), Cholesterol: 8.5mg (2.83%), Sodium: 243.93mg (10.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.39%), Vitamin A: 8143.28IU (162.87%), Calcium: 166.44mg (16.64%), Phosphorus: 114.84mg (11.48%), Manganese: 0.17mg (8.69%), Fiber: 1.75g (7.01%), Selenium: 4.66µg (6.66%), Vitamin B6: 0.13mg (6.54%), Vitamin B2: 0.11mg (6.43%), Potassium: 217.46mg (6.21%), Vitamin B5: 0.53mg (5.27%), Magnesium: 20.84mg (5.21%), Copper: 0.09mg (4.7%), Zinc: 0.52mg (3.46%), Vitamin B1: 0.05mg (3.31%), Iron: 0.47mg (2.63%), Vitamin B12: 0.16µg (2.61%), Folate: 7.47µg (1.87%), Vitamin B3: 0.36mg (1.8%),

Vitamin C: 1.37mg (1.66%), Vitamin K: 1.54µg (1.47%), Vitamin E: 0.18mg (1.18%)