



Chili-Cheese Sweet Potato Fries

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



201 kcal

SIDE DISH

Ingredients

- ☐ 20 oz sweet potatoes and into frozen
- ☐ 1 serving pam original flavor shopping list
- ☐ 15 oz chili with beans canned
- ☐ 2 oz sharp cheddar cheese shredded reduced-fat
- ☐ 0.3 cup spring onion sliced

Equipment

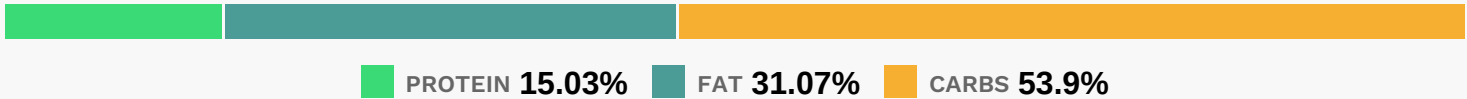
- ☐ frying pan
- ☐ sauce pan

☐ oven

Directions

- ☐ Heat oven to 450°F. Arrange fries in single layer on 15x10x1–inch pan. Spray fries with cooking spray.
- ☐ Bake 18 to 22 minutes or until crisp.
- ☐ In small saucepan, heat chili over medium heat 3 minutes or until thoroughly heated.
- ☐ Transfer fries to serving platter or individual plates. Spoon chili over fries; sprinkle with cheese and onions.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:9.51, Inflammation Score:-10, Nutrition Score:14.823043398235%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 200.67kcal (10.03%), Fat: 7.17g (11.03%), Saturated Fat: 3.5g (21.88%), Carbohydrates: 27.99g (9.33%), Net Carbohydrates: 21.93g (7.98%), Sugar: 4.92g (5.47%), Cholesterol: 21.5mg (7.17%), Sodium: 484.41mg (21.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.62%), Vitamin A: 13781.56IU (275.63%), Fiber: 6.06g (24.25%), Phosphorus: 198.38mg (19.84%), Vitamin B5: 1.8mg (18.05%), Manganese: 0.35mg (17.32%), Iron: 3.08mg (17.13%), Potassium: 595.93mg (17.03%), Vitamin B6: 0.3mg (15.01%), Magnesium: 58.9mg (14.73%), Zinc: 2.06mg (13.76%), Calcium: 131.47mg (13.15%), Copper: 0.23mg (11.61%), Vitamin K: 11.9µg (11.33%), Vitamin B2: 0.18mg (10.42%), Folate: 31.35µg (7.84%), Vitamin B1: 0.11mg (7.52%), Selenium: 4.19µg (5.98%), Vitamin C: 4.26mg (5.16%), Vitamin E: 0.71mg (4.72%), Vitamin B3: 0.81mg (4.03%), Vitamin B12: 0.1µg (1.67%)