

Cinnamon-Spiced Sweet Potato Fries



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



1114 kcal

SIDE DISH

Ingredients

- ☐ 4 teaspoons butter
- ☐ 3 teaspoons ground cinnamon
- ☐ 2 teaspoons ground nutmeg
- ☐ 1 large sweet potatoes and into thick peeled cut into sticks
- ☐ 2 teaspoons vanilla extract
- ☐ 2 cups vegetable oil for deep frying
- ☐ 1.3 cups sugar white

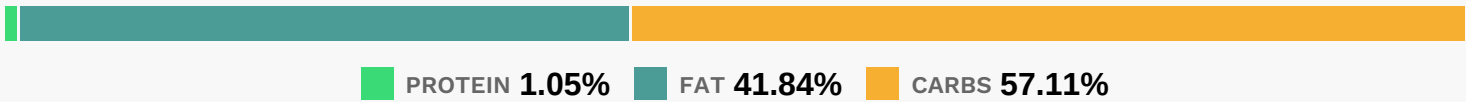
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ ziploc bags
- ☐ deep fryer

Directions

- ☐ Place 3/4 cup sugar, 2 teaspoons cinnamon, 1 teaspoon nutmeg, and 1 teaspoon vanilla extract into a gallon size resealable plastic bag. Seal the bag and shake to blend the sugar mixture.
- ☐ Add the sweet potato sticks, seal the bag, and turn to evenly coat the potatoes with the sugar mixture.
- ☐ Pour the canola oil into a deep fryer and heat to 375 degrees F (190 degrees C).
- ☐ Add the sweet potatoes, and cook until golden, about 10 minutes.
- ☐ Drain on paper towels, then place on a serving plate.
- ☐ Place the remaining 1/2 cup sugar, 1 teaspoon cinnamon, 1 teaspoon nutmeg, and butter into a pan. Warm over medium heat until butter is melted; drizzle over the sweet potatoes.

Nutrition Facts



Properties

Glycemic Index:126.55, Glycemic Load:104.59, Inflammation Score:-10, Nutrition Score:18.790000118639%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1114kcal (55.7%), Fat: 52.96g (81.48%), Saturated Fat: 12.35g (77.18%), Carbohydrates: 162.62g (54.21%), Net Carbohydrates: 155.51g (56.55%), Sugar: 133g (147.78%), Cholesterol: 21.5mg (7.17%), Sodium: 160.03mg (6.96%), Alcohol: 1.38g (100%), Alcohol %: 0.33% (100%), Protein: 2.99g (5.99%), Vitamin A: 24378.69IU (487.57%), Vitamin K: 84.88µg (80.83%), Manganese: 1.03mg (51.74%), Vitamin E: 4.31mg (28.73%), Fiber: 7.11g (28.44%),

Vitamin B6: 0.36mg (18.23%), Potassium: 603.65mg (17.25%), Copper: 0.3mg (14.95%), Vitamin B5: 1.38mg (13.83%), Magnesium: 48.64mg (12.16%), Vitamin B1: 0.14mg (9.41%), Calcium: 88.83mg (8.88%), Phosphorus: 88.72mg (8.87%), Vitamin B2: 0.14mg (8.06%), Iron: 1.43mg (7.92%), Folate: 20.7µg (5.18%), Vitamin B3: 1.03mg (5.17%), Vitamin C: 4.25mg (5.16%), Zinc: 0.63mg (4.23%), Selenium: 2µg (2.85%)