



Crunchy Sweet Potato Fries

 Vegetarian  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



268 kcal

SIDE DISH

Ingredients

- 1 eggs
- 1 head garlic
- 0.5 cup mayo homestyle real mayonnaise kraft
- 0.3 cup oil divided
- 2 lb sweet potatoes peeled (4)
- 1 pkt. shake 'n bake extra seasoned coating mix crispy
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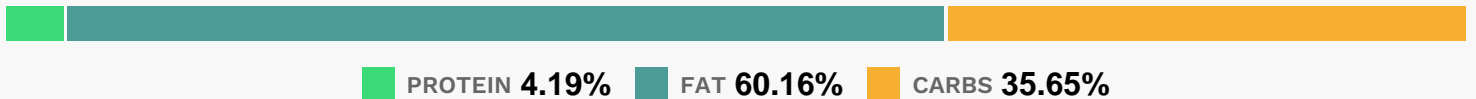
Equipment

- bowl
- baking sheet
- oven
- whisk
- aluminum foil

Directions

- Heat oven to 425F.
- Cut 1/4-inch-thick slice off top of garlic; discard.
- Place garlic, cut-side up, on 6-inch-square piece of foil; drizzle with 1 tsp. oil. Wrap garlic in foil. Cover 2 rimmed baking sheets with additional foil; drizzle evenly with remaining oil.
- Cut potatoes lengthwise into 1/4-inch-thick matchlike sticks.
- Whisk egg in large bowl.
- Add potatoes; toss to coat.
- Add, in batches, to coating mix in separate bowl; toss to coat.
- Spread evenly onto prepared baking sheets.
- Bake potatoes and garlic 25 to 35 min. or until potatoes are crisp-tender and golden brown, turning potatoes every 10 min. Cool 2 min.
- Unwrap garlic; carefully squeeze garlic cloves into small bowl.
- Add mayo; mix well.
- Serve with potatoes.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:11.63, Inflammation Score:-10, Nutrition Score:12.080434781054%

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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 267.68kcal (13.38%), Fat: 18.07g (27.8%), Saturated Fat: 2.35g (14.68%), Carbohydrates: 24.09g (8.03%), Net Carbohydrates: 20.62g (7.5%), Sugar: 4.88g (5.42%), Cholesterol: 26.34mg (8.78%), Sodium: 159.67mg (6.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Vitamin A: 16126.9IU (322.54%), Vitamin K: 29.93µg (28.5%), Manganese: 0.35mg (17.68%), Vitamin B6: 0.29mg (14.54%), Fiber: 3.48g (13.9%), Vitamin E: 2.04mg (13.6%), Potassium: 406.58mg (11.62%), Vitamin B5: 1.04mg (10.36%), Copper: 0.19mg (9.42%), Magnesium: 30.02mg (7.51%), Phosphorus: 72.48mg (7.25%), Vitamin B1: 0.1mg (6.6%), Vitamin B2: 0.1mg (5.93%), Iron: 0.88mg (4.87%), Vitamin C: 3.81mg (4.62%), Selenium: 3.19µg (4.55%), Calcium: 44.55mg (4.46%), Folate: 15.86µg (3.97%), Vitamin B3: 0.66mg (3.3%), Zinc: 0.47mg (3.15%), Vitamin B12: 0.07µg (1.1%)