



Crusty Mummy Fingers

READY IN



35 min.

SERVINGS



8

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 1 cup breadcrumbs italian progresso®
- ☐ 2 egg whites
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 2 lb sweet potatoes and into peeled (2 large potatoes)
- ☐ 2 tablespoons water

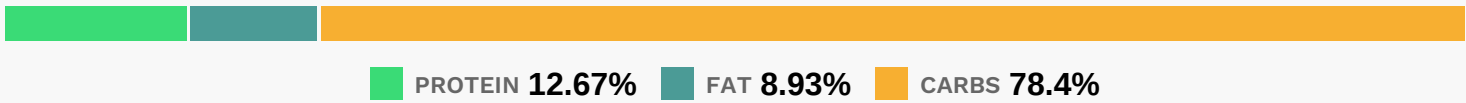
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 450°F. Spray 2 large cookie sheets with cooking spray.
- ☐ Cut potatoes into 1/2x1/2-inch strips. In shallow dish, mix water and egg whites with wire whisk or fork. In another shallow dish, mix bread crumbs, cheese, salt, pepper and red pepper. Working in batches, dip sweet potatoes into egg white mixture; roll in bread crumb mixture.
- ☐ Place potatoes in single layer on cookie sheet. Spray potatoes with cooking spray about 10 seconds.
- ☐ Bake 18 to 20 minutes, turning after 10 minutes, until crisp.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:11.28, Inflammation Score:-10, Nutrition Score:12.298260812202%

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: 0.01mg, 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, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 168.42kcal (8.42%), Fat: 1.67g (2.58%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 33.09g (11.03%), Net Carbohydrates: 29.03g (10.56%), Sugar: 5.64g (6.27%), Cholesterol: 2.72mg (0.91%), Sodium: 373.9mg (16.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.69%), Vitamin A: 16141.51IU (322.83%), Manganese: 0.44mg (21.88%), Fiber: 4.06g (16.23%), Vitamin B1: 0.22mg (14.7%), Vitamin B6: 0.26mg (12.91%), Potassium: 429.54mg (12.27%), Copper: 0.21mg (10.56%), Vitamin B5: 1.01mg (10.08%), Vitamin B2: 0.17mg (9.89%), Phosphorus: 96.89mg (9.69%), Selenium: 6.69µg (9.55%), Magnesium: 36.42mg (9.11%), Calcium: 87.72mg (8.77%), Vitamin B3: 1.54mg (7.72%), Iron: 1.38mg (7.68%), Folate: 27.49µg (6.87%), Zinc: 0.68mg (4.52%), Vitamin C: 2.77mg

(3.36%), Vitamin K: 3.24µg (3.09%), Vitamin E: 0.34mg (2.28%), Vitamin B12: 0.1µg (1.6%)