



Easy Sweet Potato Fries with Curry Ketchup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



291 kcal

SIDE DISH

Ingredients



1 teaspoon mild curry powder



2 green onions chopped



1 cup catsup



1 tablespoon olive oil extra-virgin



0.5 teaspoon paprika



0.5 teaspoon sea salt



2 pound sweet potatoes peeled cut into 1/ wedges

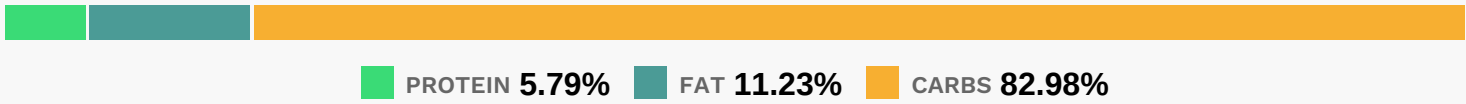
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Toss sweet potato wedges with 1 tablespoon olive oil in a large bowl; season with sea salt and paprika and toss again.
- ☐ Spread sweet potatoes in a single layer onto a baking sheet.
- ☐ Bake sweet potatoes in the preheated oven until soft, about 20 minutes.
- ☐ Heat 1 tablespoon olive oil in a small skillet over medium-high heat. Cook and stir green onions with curry powder in the hot oil until softened and fragrant, about 1 minute. Stir ketchup into the mixture and transfer to a bowl.
- ☐ Serve sweet potatoes with curry ketchup for dipping.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:22.62, Inflammation Score:-10, Nutrition Score:17.761304409608%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 290.83kcal (14.54%), Fat: 3.79g (5.82%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 62.94g (20.98%), Net Carbohydrates: 55.54g (20.2%), Sugar: 22.44g (24.93%), Cholesterol: 0mg (0%), Sodium: 961.08mg (41.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.79%), Vitamin A: 32671.26IU (653.43%), Manganese: 0.68mg (34.02%), Fiber: 7.39g (29.57%), Vitamin B6: 0.58mg (29.18%), Potassium: 962.97mg (27.51%), Copper: 0.4mg (20.23%), Vitamin K: 21.11µg (20.1%), Vitamin B5: 1.85mg (18.53%), Magnesium: 67.42mg (16.86%), Vitamin E:

2.19mg (14.57%), Vitamin B2: 0.25mg (14.54%), Phosphorus: 126.94mg (12.69%), Vitamin B1: 0.19mg (12.59%),
Vitamin C: 9.09mg (11.02%), Vitamin B3: 2.2mg (10.98%), Iron: 1.91mg (10.58%), Folate: 35.08µg (8.77%), Calcium:
84.54mg (8.45%), Zinc: 0.84mg (5.58%), Selenium: 1.92µg (2.74%)