

Fried Cinnamon Sweet Potato Chips

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



398 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon to taste
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 cup milk
- ☐ 0.3 teaspoon salt to taste
- ☐ 2 sweet potatoes thinly sliced
- ☐ 1 quart vegetable oil for frying
- ☐ 1 teaspoon sugar white to taste

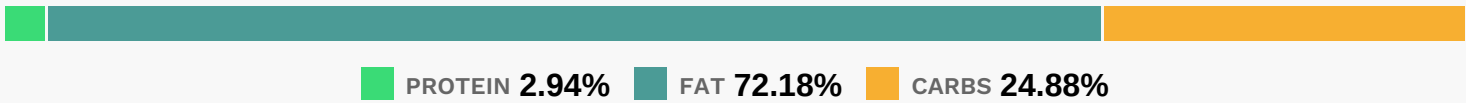
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Mix sweet potatoes and milk together in a bowl.
- ☐ Mix flour, 1 tablespoon sugar, 1 teaspoon cinnamon, ginger, and 1/2 teaspoon salt together in a separate bowl.
- ☐ Remove a few sweet potato slices at a time, allowing excess milk to drip off; dip the slices into the flour mixture.
- ☐ Place the coated sweet potatoes on a plate. Repeat with remaining sweet potatoes.
- ☐ Heat vegetable oil in a large skillet over medium-high heat.
- ☐ Combine 1 teaspoon sugar, 1/2 teaspoon cinnamon, and 1/4 teaspoon salt in a small bowl.
- ☐ Fry the coated sweet potatoes, working in 2 to 3 batches, until crisp, 5 to 7 minutes.
- ☐ Drain chips on a paper towel-lined plate.
- ☐ Sprinkle with cinnamon-sugar mixture.

Nutrition Facts



Properties

Glycemic Index:41.02, Glycemic Load:14.06, Inflammation Score:-10, Nutrition Score:13.300434781157%

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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 397.86kcal (19.89%), Fat: 32.35g (49.78%), Saturated Fat: 5.23g (32.68%), Carbohydrates: 25.09g (8.36%), Net Carbohydrates: 22.42g (8.15%), Sugar: 4.84g (5.37%), Cholesterol: 2.44mg (0.81%), Sodium: 146.38mg (6.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Vitamin A: 10721.07IU (214.42%), Vitamin K: 59.51µg (56.68%), Manganese: 0.41mg (20.33%), Vitamin E: 2.8mg (18.64%), Fiber: 2.68g (10.71%), Vitamin B1: 0.15mg (10.14%), Vitamin B6: 0.18mg (8.84%), Potassium: 300.67mg (8.59%), Vitamin B2: 0.13mg (7.43%), Vitamin B5: 0.73mg (7.26%), Folate: 27.4µg (6.85%), Phosphorus: 67.86mg (6.79%), Copper: 0.13mg (6.56%), Selenium: 4.57µg (6.52%), Magnesium: 24.38mg (6.1%), Iron: 1.03mg (5.72%), Vitamin B3: 1.09mg (5.45%), Calcium: 51.29mg (5.13%), Zinc: 0.4mg (2.65%), Vitamin C: 1.82mg (2.2%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.22µg (1.49%)