

Fried Cinnamon Sweet Potato Chips

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



398 kcal

SIDE DISH

Ingredients

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

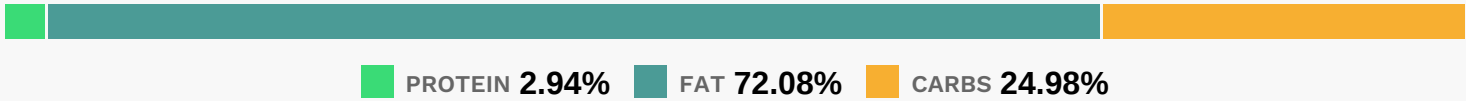
Equipment

- ☐ 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:13.400434799816%

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: 398.27kcal (19.91%), Fat: 32.36g (49.78%), Saturated Fat: 5.23g (32.68%), Carbohydrates: 25.23g (8.41%), Net Carbohydrates: 22.46g (8.17%), Sugar: 4.84g (5.38%), Cholesterol: 2.44mg (0.81%), Sodium: 243.29mg (10.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.94%), Vitamin A: 10721.56IU (214.43%), Vitamin K: 59.57µg (56.73%), Manganese: 0.44mg (21.8%), Vitamin E: 2.8mg (18.67%), Fiber: 2.77g (11.06%), Vitamin B1: 0.15mg (10.14%), Vitamin B6: 0.18mg (8.85%), Potassium: 301.41mg (8.61%), Vitamin B2: 0.13mg (7.43%), Vitamin B5: 0.73mg (7.27%), Folate: 27.41µg (6.85%), Phosphorus: 67.97mg (6.8%), Copper: 0.13mg (6.59%), Selenium: 4.57µg (6.53%), Magnesium: 24.48mg (6.12%), Iron: 1.04mg (5.8%), Vitamin B3: 1.09mg (5.46%), Calcium: 53.02mg (5.3%), Zinc: 0.4mg (2.67%), Vitamin C: 1.82mg (2.21%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.22µg (1.49%)