



## Fried Yam and Spicy Mayo

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



101 kcal

SIDE DISH

### Ingredients

- 1 tablespoon hot sauce
- 1 tablespoon mayonnaise
- 1 pinch salt
- 4 slices yam

### Equipment

- paper towels
- pot
- sieve

## Directions

- Peel, rinse and slice your yam and set aside. In a pot of boiling water, place your sliced yam to cook for about 2–3 minutes. Strain in a sieve with paper towel to remove excess water and sprinkle your salt.
- Heat up your oil and deep fry your yam till golden brown. For the spicy mayo, mix the hot sauce and mayonnaise till both are completely blended and serve with the fried yam. If you would like to donate to Food Clique, please click here
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## Nutrition Facts

 **PROTEIN 1.03%**  **FAT 93.36%**  **CARBS 5.61%**

## Properties

Glycemic Index: 101.78, Glycemic Load: 0.53, Inflammation Score: -1, Nutrition Score: 2.2078260869565%

## Taste

Sweetness: 2.5%, Saltiness: 5.06%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 101.35kcal (5.07%), Fat: 10.53g (16.2%), Saturated Fat: 1.65g (10.29%), Carbohydrates: 1.42g (0.47%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.26g (0.29%), Cholesterol: 5.88mg (1.96%), Sodium: 471.61mg (20.5%), Protein: 0.26g (0.52%), Vitamin K: 23.22µg (22.12%), Vitamin C: 10.41mg (12.62%), Vitamin E: 0.49mg (3.26%), Vitamin B6: 0.03mg (1.66%), Potassium: 54.17mg (1.55%), Manganese: 0.02mg (1.17%)