



 51%
HEALTH SCORE

Garlic and Herb Grilled Sweet Potato Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



401 kcal

SIDE DISH

Ingredients

- 2 tablespoons flat-leaf parsley fresh finely chopped
- 2 teaspoons thyme leaves fresh finely chopped
- 6 cloves garlic finely chopped
- 5 tablespoons olive oil
- 0.3 teaspoon chili flakes red
- 6 servings salt
- 6 large sweet potatoes

Equipment

- frying pan
- pot
- grill

Directions

- Watch how to make this recipe.
- Place the potatoes in a large pot of cold water, add 2 tablespoons of salt and cook until potatoes are tender, but still firm, about 15 minutes.
- Drain and let cool slightly.
- Heat the grill to high.
- While the potatoes are cooling, heat 2 tablespoons of the oil in a small saute pan on the grates of the grill.
- Add the garlic, thyme and chili flakes and cook until the garlic is just soft, about 45 seconds.
- Remove from the heat.
- Slice each potato in half lengthwise then slice each half into 3 or 4 wedges, depending on the size.
- Brush the wedges with the remaining 3 tablespoons of oil and season with salt. Grill until lightly golden brown and just cooked through, about 6 minutes.
- Remove to a platter and immediately toss with the garlic mixture and chopped parsley.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:34.08, Inflammation Score:-10, Nutrition Score:21.902173964874%

Flavonoids

Apigenin: 2.93mg, Apigenin: 2.93mg, Apigenin: 2.93mg, Apigenin: 2.93mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 401.39kcal (20.07%), Fat: 11.89g (18.29%), Saturated Fat: 1.68g (10.5%), Carbohydrates: 69.69g (23.23%), Net Carbohydrates: 59.26g (21.55%), Sugar: 14.26g (15.84%), Cholesterol: 0mg (0%), Sodium: 383.71mg (16.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.23%), Vitamin A: 48404.77IU (968.1%), Manganese: 0.94mg (47.14%), Fiber: 10.43g (41.72%), Vitamin B6: 0.75mg (37.65%), Vitamin K: 35.15µg (33.48%), Potassium: 1171.06mg (33.46%), Vitamin B5: 2.75mg (27.47%), Copper: 0.53mg (26.45%), Magnesium: 87.61mg (21.9%), Vitamin B1: 0.27mg (18.19%), Vitamin E: 2.61mg (17.39%), Phosphorus: 166.12mg (16.61%), Vitamin C: 11.94mg (14.47%), Iron: 2.41mg (13.36%), Vitamin B2: 0.22mg (12.7%), Calcium: 112.48mg (11.25%), Folate: 39.84µg (9.96%), Vitamin B3: 1.95mg (9.77%), Zinc: 1.09mg (7.23%), Selenium: 2.48µg (3.55%)