



Garlic Romano Sweet Potato Fries

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



201 kcal

SIDE DISH

Ingredients

- 1 lb sweet potatoes and into
- 2 tablespoons olive oil
- 10 cloves garlic minced
- 1 teaspoon paprika sweet
- 1 serving kosher salt
- 1 serving pecorino cheese freshly grated

Equipment

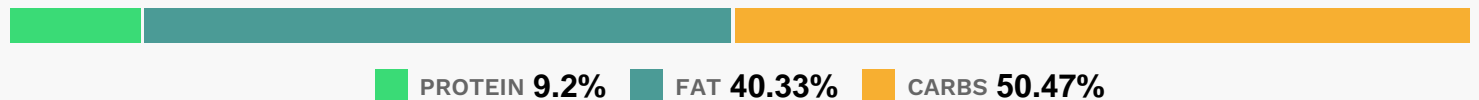
- baking sheet

- oven
- aluminum foil
- ziploc bags

Directions

- Cut potatoes into 1/4 inch-thick strips.
- Transfer to a gallon size resealable plastic bag.
- Add the olive oil, garlic and paprika; seal bag. Shake well to combine; let stand 30 minutes at room temperature.
- Heat oven to 400°F. Line baking sheet with nonstick aluminum foil.
- Spread potatoes in a single layer on foil-lined baking sheet.
- Bake 25 minutes. Carefully turn potatoes; sprinkle with cheese.
- Bake an additional 10 to 15 minutes, until browned.
- Remove from the oven; turn over again.
- Let stand 5 minutes.
- Serve with dipping sauce of choice (such as blue cheese or ranch).

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:12.05, Inflammation Score:-10, Nutrition Score:12.118260824162%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 201.01kcal (10.05%), Fat: 9.18g (14.12%), Saturated Fat: 2.29g (14.3%), Carbohydrates: 25.84g (8.61%), Net Carbohydrates: 22.11g (8.04%), Sugar: 4.92g (5.47%), Cholesterol: 7.8mg (2.6%), Sodium: 202.57mg (8.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.43%), Vitamin A: 16365.86IU (327.32%), Manganese:

0.43mg (21.38%), Vitamin B6: 0.35mg (17.35%), Fiber: 3.73g (14.94%), Calcium: 128.64mg (12.86%), Phosphorus: 123.34mg (12.33%), Potassium: 430.16mg (12.29%), Copper: 0.2mg (9.98%), Vitamin B5: 1mg (9.96%), Vitamin E: 1.47mg (9.81%), Magnesium: 34.19mg (8.55%), Vitamin B1: 0.11mg (7.19%), Vitamin K: 6.95µg (6.62%), Vitamin B2: 0.11mg (6.55%), Vitamin C: 5.07mg (6.14%), Iron: 1.02mg (5.68%), Zinc: 0.64mg (4.28%), Selenium: 2.86µg (4.09%), Vitamin B3: 0.74mg (3.7%), Folate: 13.47µg (3.37%), Vitamin B12: 0.08µg (1.4%)