



Garlic Romano Sweet Potato Fries

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



288 kcal

SIDE DISH

Ingredients

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

Equipment

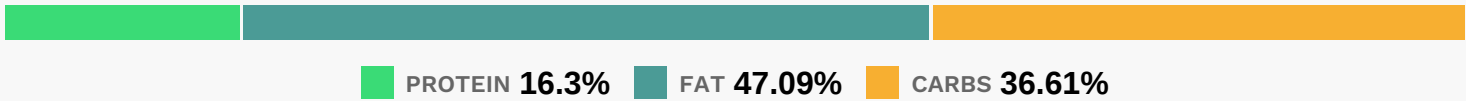
- ☐ baking sheet

- ☐ 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 400F. 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:12.27, Inflammation Score:-10, Nutrition Score:15.05826092803%

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: 288.09kcal (14.4%), Fat: 15.24g (23.45%), Saturated Fat: 6.14g (38.36%), Carbohydrates: 26.66g (8.89%), Net Carbohydrates: 22.92g (8.34%), Sugar: 5.09g (5.65%), Cholesterol: 31.2mg (10.4%), Sodium: 617.91mg (26.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.87g (23.74%), Vitamin A: 16459.23IU (329.18%), Calcium:

368.13mg (36.81%), Phosphorus: 294.34mg (29.43%), Manganese: 0.43mg (21.62%), Vitamin B6: 0.37mg (18.31%),
Fiber: 3.73g (14.94%), Potassium: 449.54mg (12.84%), Vitamin B2: 0.19mg (11.45%), Vitamin B5: 1.09mg (10.92%),
Magnesium: 43.42mg (10.85%), Copper: 0.21mg (10.32%), Vitamin E: 1.52mg (10.16%), Selenium: 6.13µg (8.75%),
Zinc: 1.22mg (8.16%), Vitamin B1: 0.12mg (7.75%), Vitamin K: 7.44µg (7.09%), Iron: 1.2mg (6.65%), Vitamin C: 5.07mg
(6.14%), Vitamin B12: 0.34µg (5.6%), Vitamin B3: 0.76mg (3.79%), Folate: 15.04µg (3.76%)