



Herbed Sweet Potato Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



58 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon rosemary fresh chopped
- 1 teaspoon thyme leaves fresh chopped
- 0.3 teaspoon salt
- 2 cups sweet potato fries frozen (such as Alexia)

Equipment

- baking sheet
- oven

Directions

- Preheat oven to 42
- Arrange fries in a single layer on a rimmed baking sheet coated with cooking spray. Coat fries evenly with cooking spray; sprinkle remaining ingredients evenly over fries, tossing to coat.
- Bake at 425 for 14 minutes or until golden.

Nutrition Facts

 **PROTEIN 7.35%**  **FAT 0.72%**  **CARBS 91.93%**

Properties

Glycemic Index:33.75, Glycemic Load:6.64, Inflammation Score:-10, Nutrition Score:7.4943478185198%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg 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, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 58.04kcal (2.9%), Fat: 0.05g (0.07%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 13.59g (4.53%), Net Carbohydrates: 11.49g (4.18%), Sugar: 2.78g (3.09%), Cholesterol: 0mg (0%), Sodium: 181.99mg (7.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.17%), Vitamin A: 9459.53IU (189.19%), Manganese: 0.2mg (9.84%), Fiber: 2.1g (8.4%), Vitamin B6: 0.14mg (7.06%), Potassium: 229.01mg (6.54%), Vitamin B5: 0.54mg (5.36%), Copper: 0.1mg (5.25%), Magnesium: 17.67mg (4.42%), Vitamin B1: 0.05mg (3.48%), Phosphorus: 32mg (3.2%), Vitamin C: 2.4mg (2.91%), Iron: 0.51mg (2.82%), Vitamin B2: 0.04mg (2.54%), Calcium: 22.7mg (2.27%), Vitamin B3: 0.38mg (1.91%), Folate: 7.59µg (1.9%), Zinc: 0.21mg (1.4%), Vitamin K: 1.4µg (1.33%), Vitamin E: 0.17mg (1.16%)