



Hot 'n' honey potato sticks

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



375 kcal

SIDE DISH

Ingredients

- 1 tsp pepper per taste
- 500 g fries frozen french peeled for fries cut into fingers like
- 2 garlic clove crushed
- 1.5 tbsps honey
- 0.5 tablespoon cooking oil
- 4 servings salt to taste
- 1 tsp sesame seed toasted
- 1 tsp spring onion chopped

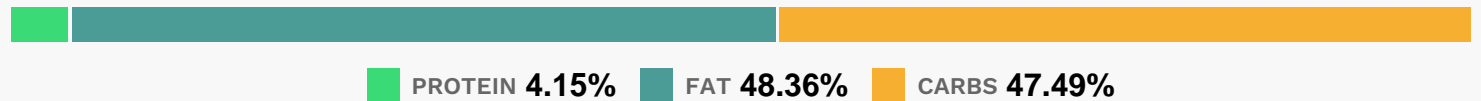
- 1 tsp to 5 chillies red
- 1 tbsp tomato sauce
- 2 tsps tomato paste
- 2 tsps vinegar white

Equipment

Directions

- Find the preparation steps here : <http://divinespicebox.com/2014/03/22/hot-n-honey-potato-sticks/>

Nutrition Facts



Properties

Glycemic Index:99.65, Glycemic Load:24.48, Inflammation Score:-4, Nutrition Score:7.8647826086957%

Flavonoids

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: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Taste

Sweetness: 34.12%, Saltiness: 5.59%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 375.39kcal (18.77%), Fat: 20.8g (31.99%), Saturated Fat: 5.86g (36.64%), Carbohydrates: 45.95g (15.32%), Net Carbohydrates: 39.84g (14.49%), Sugar: 7.1g (7.88%), Cholesterol: 0mg (0%), Sodium: 856.83mg (37.25%), Protein: 4.02g (8.04%), Fiber: 6.12g (24.47%), Manganese: 0.35mg (17.7%), Potassium: 606.75mg (17.34%), Vitamin B3: 3.05mg (15.25%), Vitamin B6: 0.28mg (13.83%), Vitamin C: 11.2mg (13.57%), Iron: 2.02mg (11.2%), Phosphorus: 107.83mg (10.78%), Folate: 29.63µg (7.41%), Vitamin B5: 0.71mg (7.13%), Vitamin B1: 0.1mg (6.97%), Magnesium: 27.77mg (6.94%), Vitamin E: 0.69mg (4.63%), Vitamin A: 227.3IU (4.55%), Copper: 0.09mg (4.52%), Zinc: 0.54mg (3.6%), Vitamin B2: 0.06mg (3.4%), Vitamin K: 3.46µg (3.29%), Calcium: 23.37mg (2.34%), Selenium: 1.38µg (1.97%)