



KELLOGG'S* RICE KRISPIES* Savoury Sweet Potato Sticks



Vegetarian



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



150 kcal

Ingredients

- ☐ 0.1 teaspoon cayenne pepper
- ☐ 4 egg whites
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 teaspoon garlic powder
- ☐ 3 cups kellogg's* rice krispies* cereal crushed
- ☐ 0.3 teaspoon salt
- ☐ 3 medium sweet potatoes
- ☐ 4 tablespoons water

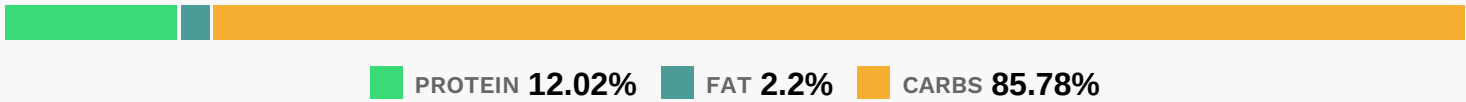
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Wash sweet potatoes (or peel if desired).
- ☐ Cut lengthwise into 1 cm (1/2-inch) slices.
- ☐ Cut slices into 1 cm (1/2-inch) sticks.
- ☐ In large plate or shallow pan, mix together crushed cereal and seasonings.
- ☐ Place flour on second plate. In medium bowl, beat egg whites and water.
- ☐ Coat potatoes with flour, shaking off excess. Next dip in egg mixture, then coat with cereal mixture.
- ☐ Place in single layer on foil-lined baking sheet coated with cooking spray.
- ☐ Bake at 200 degrees C (400 degrees F) about 25 minutes or until lightly browned and tender when tested with sharp knife.
- ☐ Serve hot with salsa or roasted garlic mayonnaise if desired.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:12.73, Inflammation Score:-10, Nutrition Score:15.51260875619%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:

0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 149.54kcal (7.48%), Fat: 0.37g (0.56%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 32.13g (10.71%), Net Carbohydrates: 29.32g (10.66%), Sugar: 4.71g (5.24%), Cholesterol: 0mg (0%), Sodium: 200.12mg (8.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (9%), Vitamin A: 12734.95IU (254.7%), Iron: 4.09mg (22.73%), Folate: 88.35µg (22.09%), Vitamin B6: 0.43mg (21.52%), Vitamin B1: 0.31mg (20.96%), Manganese: 0.41mg (20.59%), Vitamin E: 3.03mg (20.19%), Vitamin B2: 0.29mg (17.18%), Vitamin B3: 2.84mg (14.21%), Vitamin B12: 0.77µg (12.88%), Selenium: 8.24µg (11.77%), Fiber: 2.81g (11.25%), Vitamin C: 8.71mg (10.55%), Potassium: 333.3mg (9.52%), Copper: 0.16mg (8.2%), Vitamin B5: 0.8mg (8.05%), Magnesium: 27.59mg (6.9%), Phosphorus: 64.12mg (6.41%), Vitamin D: 0.65µg (4.34%), Zinc: 0.46mg (3.09%), Calcium: 28.56mg (2.86%), Vitamin K: 1.57µg (1.5%)