



Memphis Sweet Potato Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



40 min.

SERVINGS



6

CALORIES



164 kcal

SIDE DISH

Ingredients

- 2 tablespoons brown sugar
- 1 teaspoon ground cinnamon
- 4 tablespoons olive oil
- 1 teaspoon paprika
- 0.5 teaspoon salt
- 2 sweet potatoes and into peeled cut lengthwise into 1/2-inch wide strips

Equipment

- bowl

baking sheet

oven

Directions

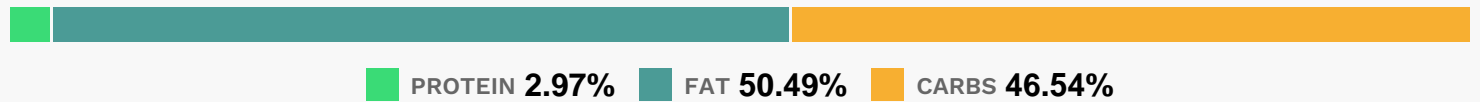
Preheat oven to 425 degrees F.

In a large bowl, mix together olive oil, paprika and cinnamon. Toss the potato strips into mixture, to coat well, and spread onto baking sheet in a single layer.

Sprinkle with salt and brown sugar.

Bake for 30 minutes, turning every 10 minutes.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:7.49, Inflammation Score:-10, Nutrition Score:8.7234782809797%

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: 0.01mg, 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: 164.26kcal (8.21%), Fat: 9.42g (14.49%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 16.98g (6.17%), Sugar: 7.07g (7.86%), Cholesterol: 0mg (0%), Sodium: 236.79mg (10.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Vitamin A: 10852.7IU (217.05%), Manganese: 0.26mg (13.05%), Vitamin E: 1.64mg (10.96%), Fiber: 2.55g (10.21%), Vitamin B6: 0.17mg (8.34%), Potassium: 268.36mg (7.67%), Vitamin K: 7.35µg (7%), Vitamin B5: 0.62mg (6.18%), Copper: 0.12mg (5.96%), Magnesium: 19.99mg (5%), Vitamin B1: 0.06mg (4%), Phosphorus: 36.83mg (3.68%), Iron: 0.64mg (3.56%), Calcium: 30.24mg (3.02%), Vitamin B2: 0.05mg (2.95%), Vitamin B3: 0.46mg (2.31%), Vitamin C: 1.82mg (2.21%), Folate: 8.51µg (2.13%), Zinc: 0.25mg (1.65%)